



Monitoring

Monitoring is an integral part of the nutritional management process to document and control the effectiveness of the nutrition therapy of the patient. The nutritional therapy and status of the patient should be monitored by defined measurements and observations, such as recording of dietary intake, body weight and function and, where appropriate, laboratory parameters (e.g. blood parameters). This may lead to adaptations of the nutrition therapy plan during the natural history of the patient's condition.

- Documentation and control of the effectiveness of nutrition therapy
- Adaptation of the nutrition therapy plan if necessary

Step 4 

Monitoring/Follow-up

Monitoring and follow-up of food intake should take place at least once a week to guarantee an effective nutrition therapy. The documentation of weight development can help to give an additional orientation about the development of the nutritional status of the patient.

 **Energy requirements:** **2050** kcal/d **Protein requirements:** **95** g/d

Please find calculation tools to calculate requirements on p. 24–25.

		Monitoring				
		1	2	3	4	5
Date/Signature		28.10.12 Sth	4.11.12 Sth			
Energy	Energy intake via normal diet, kcal	1400	1400			
	Energy intake via ONS, kcal	300	600			
	Energy intake via tube, kcal	-	-			
	Energy intake parenteral nutrition, kcal	-	-			
	Total energy intake, kcal	1700	2000			
% of requirements (Intake/requirement x 100)		83%	98%			
Protein	Protein intake via normal diet, g	60	60			
	Protein intake via ONS, g	20	40			
	Protein intake via tube, g	-	-			
	Protein intake parenteral nutrition, g	-	-			
	Total protein intake, g	80	100			
% of requirements (Intake/requirements x 100)		84%	105%			
Nutrition Therapy: 0 = no changes 1 = following changes		¹ 600 kcal ONS = 2 bottles	⁰ 600 kcal ONS = 2 bottles			



Please note: Also consider the measurement of blood parameters (step 2: Assessment)

Monitoring - weight development

