



ARROWHEAD REGIONAL MEDICAL CENTER
Nutrition Services Policies and Procedures

POLICY NO. 902.01 Issue 1
Page 1 of 2

SUBJECT: NUTRITION ASSESSMENT – OUTPATIENT DIALYSIS

APPROVED BY: _____

Nutrition Services Manager

POLICY

Nutrition Services are available to patients admitted in the outpatient dialysis unit. The Registered Dietitian (RD) is part of the interdisciplinary team (IDT) and conducts assessment of nutritional status, counseling, and diet education.

PROCEDURES

- I. Assessment and Reassessment
 - A. An initial comprehensive nutrition assessment for new patients is completed within 30 days of admission to the outpatient dialysis unit. Follow up is provided monthly with a lab report and nutrition recommendations as appropriate.
 - B. Nutrition assessment may include but are not limited to anthropometric measurements, weight status, fluid status, food/nutrition related history, adequacy of nutrient intake, skin integrity, pertinent biochemical data, drug-nutrient interactions, adequacy of nutrition-related medications, and the identification of physiological, social, or environmental barriers to adequate nutrition when appropriate, diet education and counseling for prescribed medical diets, monitoring and evaluation.
 - C. Nutrition assessments will be documented in the electronic medical record (EMR).

- II. Plan of Care
 - A. The patient plan of care is completed by the IDT and is initiated within 30 days of receiving dialysis service. The plan of care is reviewed and updated 90 days after initiated then annually for stable patients or monthly for unstable patients.
 - B. The RD will address the patient's nutritional status as part of the plan of care. This may include assessment of bone health, dietary intake, and diabetic management.
 - C. The RD participates in the IDT meetings and provides recommendations as appropriate.
 - D. Documented recommendations will be maintained in the patient's medical record.

- III. Outpatient Renal Clinic: Based on RD availability and Physician request, the RD may provide diet education for patients with a scheduled appointment in the outpatient renal clinic.

REFERENCES: Regulatory Standards

DEFINITIONS: N/A

ATTACHMENTS: N/A

APPROVAL DATE:	<u>N/A</u>	<u>Policy, Procedure and Standards Committee</u>
	<u>11/23/2022</u>	<u>Patient Safety and Quality Committee</u> Applicable Administrator, Hospital or Medical Committee
	<u>12/08/2022</u>	<u>Quality Management Committee</u> Applicable Administrator, Hospital or Medical Committee
	<u>01/26/2023</u>	<u>Medical Executive Committee</u> Applicable Administrator, Hospital or Medical Committee
	<u></u>	<u>Board of Supervisors</u> Approved by the Governing Body

REPLACES: N/A

EFFECTIVE: 11/23/2022

REVISED: N/A

REVIEWED: N/A



ARROWHEAD REGIONAL MEDICAL CENTER
Nutrition Services Policies and Procedures

Policy No. 904.03 Issue 1
Page 1 of 2

SUBJECT: OUTPATIENT NUTRITION CONSULTS

APPROVED BY: _____
Nutrition Services Manager

POLICY

Nutrition Services are available by consultation and appointment in the Arrowhead Regional Medical Center (ARMC) Ambulatory clinics. Outpatient Nutrition consultations/referrals are completed by a Registered Dietitian (RD) or Dietetic Intern (under supervision of the RD).

PROCEDURES

I. Consults/Referrals

- A. The referring Physician or designated Practitioner writes the referral indicating the reason for Nutrition Services.
- B. Patients are scheduled for appointments when referrals are authorized for Nutrition. Walk-in appointments are not acceptable.
- C. Patients are notified of scheduled appointments by mail, electronic message, or phone call.

II. Late Arrival and No Show

- A. Patients arriving late for the scheduled Nutrition appointment time are subject to rescheduling or waiting based on the RD availability with the possibility of not being seen.
- B. Patients that fail to show for the scheduled Nutrition appointment will be rescheduled for the next available appointment. If a patient continues failing to show for scheduled appointments after attempts of rescheduling, the referring Physician or designated Practitioner will be notified, and the referral may be denied.

III. Assessment and Documentation

- A. The RD will complete an assessment and/or provide diet education for patients with a scheduled appointment in the outpatient clinics. Medical Nutrition Therapy may include but is not limited to counseling, weight management, diet education, assessment for malnutrition risk and diagnosis, and enteral and parenteral management.
- B. Initial Nutrition Assessment and follow-up notes are completed in the electronic medical record (EMR) progress note template. Documentation is completed using the Nutrition Care Process (NCP) format: Assessment, Diagnosis, Intervention, Monitoring and Evaluation.
- C. Nutrition assessments and documentation will be maintained in the EMR.
- D. Further follow-up assessment is provided as deemed appropriate by the RD.

REFERENCES: Regulatory Standards

DEFINITIONS: N/A

ATTACHMENTS: N/A

APPROVAL DATE:	<u>N/A</u>	<u>Policy, Procedure and Standards Committee</u>
	<u>11/23/2022</u>	<u>Patient Safety and Quality Committee</u> Applicable Administrator, Hospital or Medical Committee
	<u>12/08/2022</u>	<u>Quality Management Committee</u> Applicable Administrator, Hospital or Medical Committee
	<u>01/26/2023</u>	<u>Medical Executive Committee</u> Applicable Administrator, Hospital or Medical Committee
		<u>Board of Supervisors</u> Approved by the Governing Body

REPLACES: N/A

EFFECTIVE: 11/23/2022

REVISED: N/A

REVIEWED: N/A