POLICY

High Peaks Hospice (HPH) will perform a nutritional assessment screen for all patients as part of the initial assessment process. A qualified person will perform dietary counseling, when identified in the plan of care, to address and assure that the dietary needs of the patient are met.

PROCEDURE

1. Dietary counseling will be provided by a HPH Registered Nurse (RN). If special dietary needs are required beyond the RN’s ability, a registered dietitian will be arranged by individual contract, based on the nutritional needs of the patient.

2. The dietitian will attend patient/family team conferences as requested acting as a consultant to HPH Team Members.

3. Specific indicators for a consultation with a nutritionist will include patients with unstable, insulin dependent diabetes (who are not actively dying), patients with decubitus ulcers who are not actively dying (who are able and willing to consume adequate nutrition to achieve clinical improvements of decubitus ulcers despite disease progression, patients who are receiving enteral nutrition and wish to continue, and patient/family requests for a consultation.

4. Dietary counseling will include, but is not limited to:

   A. nutritional assessment including:
      • Appetite
      • Intolerances and allergies
      • Previous special diets
      • Mechanical restrictions
      • Cultural and religious factors
      • Educational needs
      • Food preferences

   B. advice as to nutritional supplements and food preparation suggestions
C. home visits, as necessary

5. The HPH RN Case Manager (CM) with approval of the Director of Nursing will initiate a consultation to the registered dietitian and review the relevant patient indicator(s).

6. The RN CM will document the consultation and outcomes in the patient chart.

7. If a visit is made by a Registered Dietitian they will do the following:
   
   A. Complete a nutritional assessment.
   
   B. Collaborate with the HPH Team members to define the goals and interventions for the patient.
   
   C. Coordinate the nutritional care plan with the total patient care plan with appropriate needs.
   
   D. Provide patients/families with information/instruction relating to specific nutritional needs.
   
   E. Submit progress notes after each visit.
   
   F. Participate in the team conference as appropriate.

8. Dietary counseling services will be documented as appropriate for the patient/family record.

LAST REVIEW DATE: IDT 03/07/18

LAST UPDATED: Comp Coord 01/10/18, 03/14/18, 02/13/19

BOARD APPROVAL: February 7, 2019