

PROCEDURE FOR: Calorie Counts

- POLICY:**
1. A physician, nurse or dietician may initiate a calorie count to assess the nutritional adequacy of the diet and to assure adequate nutritional intake.
 2. Calorie counts are to be implemented within 24 hours of notification.
 3. The nursing staff is responsible for recording the amount of food and beverage consumed by the patient.
 4. The dietician will collaborate with the nursing staff about how much food and beverage any patient on a calorie count may have consumed after the calorie count has been completed. The dietician will calculate the calorie count.
 5. The dietician is responsible for reviewing calorie count forms, assessing nutritional adequacy of the diet and documenting recommendations for dietary changes in the patient record.

EQUIPMENT: Calorie count pouch

PROCEDURE:

<u>ACTION</u>	<u>POINTS OF EMPHASIS</u>
1. Assess patient for need to implement a calorie count.	1. Those patients who may benefit from a calorie count include, but are not limited to, patients with: <ol style="list-style-type: none">a. Poor intakes/appetite associated with certain diagnosis (i.e., dysphagia/mental status changes, certain cancers and treatment-related issues)b. Nutrition support-supportive documentation for initiating or transitional feedingc. Further appetite/intake documentation needed to fully assess nutrition adequacyd. Significant weight loss (> 5% within one month or > 10% within 6 months) with continued poor appetite/intake and/or failure to thrive (FTT)
2. Post disposable calorie count pouch in readily accessible spot. Place tray ticket for each meal in pouch.	2. Placement of pouch may vary per unit practice - door or walls are preferable.
3. Document initiation of calorie count in the nursing progress notes, nursing care plans and Kardex.	

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4. Record the amount of food or beverage consumed on the patient's meal tray ticket (none, $\frac{1}{2}$, $\frac{3}{4}$, all), making sure to indicate on the tray ticket any foods not eaten.
5. Place the tray ticket for each meal in the calorie count pouch.
5. Continue doing this for duration of calorie count (usually 3 days or 72 hours).
6. Pending results, collaborate with dietician or physician regarding need for continuation of calorie count.

APPROVAL: Nursing Standards Committee
Chief Clinical Dietician

EFFECTIVE DATE: 7/85

REVISION DATES: 3/86, 9/90, 7/93, 8/95, 4/96, 9/96, 10/97, 11/99, 7/02, 4/06, 4/09