

# **NUTRITION DEPARTMENT GUIDELINES**

## **Kitchen report**

- Nutritionists receive the kitchen report i.e. total number of patients admitted in the hospital and those on special diet and nutrition related diseases, cooks are advised to follow and prepared meals as per the menu.

## **Doctors round**

- Going morning ward rounds with doctors to identify patients who require nutritional care and management.
- Patients are advised and taught about different types of diets according to their diagnosis.

## **Meal orders**

- Orders are made according to patient's nutritional management and care.
- Patients with special conditions such as diabetic patients, hypertensive patients, peptic ulcer patients, anaemic patients, cancer patients, CCF patients etc. are served food according to their conditions.

## **Patients feeding**

- Patients who are unable to feed are assisted by nurses and attendants e.g. very ill patients and patients on NGT.

## **Nutrition Assessment Education and Counselling**

- Patients at the outpatient department are assessed and those with national needs are counselled and educated on dietary approaches and management, i.e. mothers at the M.C.H are educated and advised on maternal child health on proper nutritional care and different feeding option for HIV +mothers.

## **Reports**

- Monthly reports are submitted to the health record department and a copy sent to sub county level and a copy remains for our reference purposes.