

TABLE 2

EXAMPLE NUTRITION DISCHARGE PLAN FOR OLDER ADULTS

An older adult is admitted for heart failure with chronic severe protein-calorie malnutrition. Nutrition interventions are established during the hospital admission to replenish nutrient stores as much as possible during the short stay.

Initial Assessment

Nutrition assessment reveals malnutrition due to food insecurity issues and chronic disease.

(Example) Nutrition Discharge Plan: Provided referral to Meals on Wheels agency in patient's neighborhood and discussed additional referrals with hospital case manager to coordinate for discharge.

Nutrition Reassessment #1

No changes in overall discharge plan for patient, so no new nutrition discharge plan. No need to document in Nutrition Discharge Plan section of note.

Nutrition Reassessment #2

Nutrition assessment reveals malnutrition due to food insecurity issues and chronic disease.

(Example) Nutrition Discharge Plan: Provided referral to Meals on Wheels agency in patient's neighborhood and discussed additional referrals with hospital case manager to coordinate for discharge.