



<b>Department:</b>	Clinical Nutrition		
<b>Document:</b>	Multidisciplinary Policy and Procedure		
<b>Title:</b>	Diet Ordering		
<b>Applies To:</b>	Nursing, Physician and Clinical Dieticians		
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## 1. PURPOSE:

- 1.1 Provide guidelines on the process of diet for inpatients on therapeutic diet.

## 2. DEFINITIONS:

- 2.1 Therapeutic Diets are diets ordered to patients according to patients needs based on patient's nutritional status and /or disease. These are diets concerned specifically with the treatment of a disease.

## 3. Policy

- 3.1 It is the policy of clinical nutrition department to provide therapeutic diets and food that meets the patient's needs in accordance with physician's written diet order.

## 4. PROCEDURE:

- 4.1 Physician's diet order for therapeutic diets and therapeutic discharge diets shall be based on the approved Diet Manual located at each nurse's station.
- 4.2 Therapeutic diets shall be provided as prescribed by the attending physician based on the patient's nutritional status and shall be planned and ordered by the clinical dietitian, prepared and served by the dietary staff, then the clinical dietitian will supervise the diet receiving and tolerating of the patient in the ward.
  - 4.2.1 It is the responsibility of the physician to order therapeutic hospital diet and the route of feeding for inpatients needing therapeutic diet as well as therapeutic discharge diets.
  - 4.2.2 Nursing will communicate the physician's diet order through the diet list or through a telephone call followed with documentation in the diet list.
  - 4.2.3 It is the responsibility of the clinical dietitian to assess inpatient needs on therapeutic diets within 24 hours of admission.
  - 4.2.4 The clinical dietitian and dietary staff will interpret and fill physician's diet order in accordance with the hospital diet manual.
  - 4.2.5 The clinical dietitian calculates specifically the entire patient's requirements (as applicable, or required). It includes the need for; caloric, protein, sodium, potassium, and phosphorus.
  - 4.2.6 The clinical dietitian will specify the frequency of feeds or the meals in order to cover all the daily requirements.
- 4.3 Clinical dietitian shall be authorized to modify diet orders to meet the nutritional therapy for conditions such as diabetes, obesity and hypertension.
- 4.4 Clinical dietitian should document all the calculations and changes in the initial nutritional assessment and Nutritional re-assessment form.
- 4.5 Any changes ordered by the physician shall be recorded in the physician's diet order.
  - 4.5.1 Nurse should inform the clinical dietitian about any changes in the diet recommended by the physician.

- 4.5.2 Nurse should inform the clinical dietitian about any changes in the diet recommended by the physician.
- 4.5.3 Changed orders should be documented in the initial nutritional assessment and Nutritional re - assessment form.
- 4.6 Clinical dietitian may modify the diet order if the patients desire to restrict intake as the continuation of their previous food habits or to comply with healthy eating practices. Such modifications shall be based on the nutritional assessment by the clinical dietitian and will not be drastically different from the physician's diet orders.
- 4.7 Menu planned for the patient will be based on physician's diet order and any further Modification recommended by the clinical dietitian following patient's nutritional assessment and personal preferences.
- 4.8 Patients are not permitted to bring food from outside for consumption, except when permitted by the physician. Such permission shall be documented in the patient medical record.

## **5. MATERIALS AND EQUIPMENT:**

- 5.1 Diet List Form
- 5.2 Medical Record
- 5.3 Physician Order Form
- 5.4 Initial Nutritional Assessment Form
- 5.5 Nutritional Reassessment Form

## **6. RESPONSIBILITIES:**

- 6.1 Nurses
- 6.2 Physicians
- 6.3 Clinical Dieticians

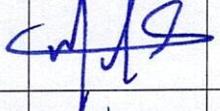
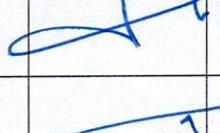
## **7. APPENDICES:**

N/A

## **8. REFERENCES:**

- 8.1 Al Yamamah Hospital, Diet Ordering; APP (DT/001-(V3)

**9. APPROVALS:**

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