


Name of Policy: <u>Patient Education</u> Policy Number: 3364-104-401 Department: Clinical Nutrition Approving Officer: Senior Hospital Administrator Responsible Agent: Chief Clinical Dietitian Scope: Clinical Nutrition	 Effective Date: 4/1/2023 Initial Effective Date: 5/1999
<input type="checkbox"/> New policy proposal <input checked="" type="checkbox"/> Minor/technical revision of existing policy <input type="checkbox"/> Major revision of existing policy <input type="checkbox"/> Reaffirmation of existing policy	

(A) Policy Statement

Nutritional care information is provided to patients and caregivers prior to discharge per assessment of patients’ educational needs. The Clinical Nutrition staff will work in conjunction with the health care team to identify and assess each patient’s learning needs, abilities, preferences, and readiness to learn. Additional nutrition resources available in the community will be provided to the patient if necessary.

(B) Purpose of Policy

To identify patients who would benefit from nutrition education specific to their nutrition goals while promoting continuity of the nutrition care plan, and to provide a mechanism for assessing learning needs and providing patient-specific nutrition education.

(C) Procedure

Patients and/or their families who would benefit from nutrition education are identified through the assessment process and referrals from other disciplines.

1. Any member of the health care team, patients, or patients’ families may request nutrition education for the patient.
2. Nutrition education consults are performed by the registered dietitian within 48 hours from the consult being ordered or when appropriate prior to discharge.
3. If nutrition education is deemed necessary outside of registered dietitian/registered dietitian technician hours
 - a. Appropriate written nutrition materials can be obtained from the Nutrition Care Manual by health care staff and provided to patient/family.
 - b. Responsible discharge staff should notify clinical nutrition staff at extension 4585, so appropriate follow up education can be completed.
4. Components of patient education will include:

- a. Assessment of food intake history, calculation of calorie, protein, and other pertinent nutrient needs.
 - b. Explanation of diet rationale and principles, including appropriate food choices.
 - c. Patient-specific education based on medical needs, patient’s perceived nutrition/diet-related needs and interests, and any religious, ethnic, and food preferences.
 - d. Questions to help assess patient’s comprehension and intended compliance.
5. Large print, low literacy, and ethnic education materials will be provided to patient as appropriate. Outside resources are utilized for communication barriers. Refer to Hospital Policy 3364-100-50-06 Accommodations for Patients Who Are Sensory Impaired and /or Who Have Limited English-Proficiency.
 6. Refer patients for outpatient counseling or community resources when inpatient education is not feasible or when follow up education is appropriate.
 7. Documentation will be recorded in the electronic medical record.

Approved by:		Review/Revision Date:
<u>/s/</u>	<u>04/03/2023</u>	8/2002
Michele Lovett, RD, LD	Date	5/2005
Chief Clinical Dietitian		6/2/2008
		7/1/2011
		12/13/2012
		6/13/14
		3/3/17
<u>/s/</u>	<u>04/03/2023</u>	3/6/20
Russell Smith, B.S. Pharm D, MBA, BCPS	Date	3/31/23
Senior Hospital Administrator		
<i>Review/Revision Completed By:</i>		
<i>Clinical Nutrition</i>		
		Next Review Date: 4/1/2026
Policies Superseded by This Policy: #3364-104-402, #3364-104-404, #3364-104-406		