

Nutrition Care for Optimum Wound Healing

Skin Care Awareness Fair
Anne Arundel Medical Center
October 4, 2007

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A Delay in Identification of Nutritional Risk May Impede Wound Healing

“Screening and assessing the nutritional status of a patient are vital components in the strategy to prevent and treat wounds”.

Posthauer, M.E. The Value of Nutritional Screening and Assessment. *Advances in Skin and Wound Care*. 2006. 19 (7) 388-390.

Criteria for Clincons-Nutrition from Admission Screening (NAP12.1.16)

- Preexisting wound
- Weight loss greater than ten pounds in three months
- Unable to consume food safely by mouth
 - NPO
 - Failed bedside dysphagia screen
 - Unconscious, lethargic
 - Ventilator
 - Chronic TF or TPN
- Pediatric failure to thrive

Nutrition Assessment by Clinical Dietitian

- Responds to consult from nutrition screening by the end of work the following day
- Assesses for additional nutritional risk factors:
 - Low BMI, puree diet, TF, supplement ordered, pts >75 y.o. for non SDA surgery
- Determines frequency of nutritional reassessment based on level of risk
- Documents nutrition plan of care in the medical record

Documentation of Nutrition Assessment

DE.AAG (J/LIVE.MIS/. 158) - FLOWERS,PRISCILLA

Data Sources 1 Month

Pt [REDACTED] Unit # [REDACTED] Age/Sex 68 F User DIET.PF
DIS 09/28/07

Print Time Mail Allergies Highlight Patient.Sum Refresh

↑ Plans of Care <Bulletin Board Data is NOT Displayed>
Vital Sign Queries
Blood Glucose Queries
PCA/PAIN management Queries
Patient Care Notes
Assessment Forms
Flowsheet Data
Point of Care Testing
Nursing Highlights
Nursing Assessments
Interdisciplinary Education Record
Nutrition
Summary List/Admission Screenings
D/C Planning
ED Physician Record
Emergency Department Data
Care-Area Administrative Data
MRF - Archiving/Images
Medication Order Forms
Pharmacy Review

The screenshot shows a software window titled "DE.AAG (J/LIVE.MIS/. 158) - FLOWERS,PRISCILLA". The window has a "Data Sources" header with a "1 Month" filter. Below the header, patient information is displayed: "Pt [REDACTED] Unit # [REDACTED] Age/Sex 68 F" and "DIS 09/28/07". The user is identified as "DIET.PF". A toolbar contains buttons for "Print", "Time", "Mail", "Allergies", "Highlight", "Patient.Sum", and "Refresh". A list of data sources is shown on the left, with "Assessment Forms" highlighted. A red arrow points to "Assessment Forms". The main content area displays "<Bulletin Board Data is NOT Displayed>". A vertical toolbar on the right contains various navigation and utility icons.

Documentation of Nutrition Assessment

DE.AAG (J/LIVE.MIS/. 185) - FLOWERS,PRISCILLA
 Thu - Sep 27 (14:29)

Pt [REDACTED] Unit # [REDACTED] Age/Sex 66 M
 Rm PCU 427 A (Adm: 09/19/07)

Print Split Mail Time Highlights Jump

1 Month ← Sep 27, 07

Assessment	Date	Time	Aug	Sep
I&O-Output	Sep 27	13:46		++
Invasive Lines/IV Log	Sep 27	09:31		+++++
IV PICC/Midline-Start	Sep 21	20:20		+
NO SMOKE - Assessment	Sep 21	14:12		+
Nursing Care Record	Sep 27	12:52		+
Nursing Care Record-CC	Sep 27	08:30		+++++
Nursing Physical Assessm	Sep 27	08:30		+++
OCCUP THER: INPT EVAL	Sep 25	15:45		+
Pain Assess/Reassessment	Sep 27	08:30		++++
Pain Assessment	Sep 27	08:30		++
PHYS THER: INPT EVAL	Sep 27	11:30		++
DIHR CLINICAL DATA	Sep 26	07:35		+++++ ++
RD Basic Nutrition Asses	Sep 27	09:01		+++++ ++
RD Comprehensive Nut. As	Sep 25	11:10		++
RD Nutrition Diagnosis	Sep 25	11:01		++
RD Parenteral Nutrition	Sep 25	11:05		++
RT Cons Resp/Pt Asmt	Sep 22	18:01		+

Assessment Date Time Aug | Sep

Start OE.AAG (J/LIVE.MIS/. 1... 2:35 PM

Goals of Nutrition Therapy

- Facilitate wound healing
- Decrease risk of infection
- Maintain or replete energy stores

Adapted from Nutrition Care Manual

Nutrition Recommendations

- Adequate energy intake - Liberalize diet
 - Addresses hypermetabolic response
- Adequate protein intake - Nutritional supplement
 - Maintains positive nitrogen balance
- Adequate vitamins and minerals – MVI with minerals
 - Deficiencies delay wound healing
- Adequate fluid intake – Encourage fluids
 - Prevents dehydration

Adapted from Nutrition Care Manual

Nutrition Care Manual, Standard Reference for Nutrition Care (GNP14.1.01)

The screenshot shows the AAMC Intranet website in Internet Explorer. The address bar shows <https://apps.aahs.org/IntranetLogon.asp>. The page header includes navigation tabs for Client Access, Intranet, Outlook, Vision 2010, and Medical Staff. A search bar is located in the top right corner.

The main content area is titled "Website links" and is organized into four columns:

- AAMC Websites:**
 - Finance (018510)
 - [Active Staffer](#)
 - HIM-Medical Records (018715)
 - [Medical Abbreviations](#)
 - Human resources (018660)
 - [AAMC Benefits](#)
 - [Employee Discounts](#)
 - [HCE Benefits](#)
 - Information systems (018620)
 - [Citrix Remote Applications](#)
 - [Diagnostics](#)
 - [Outlook Web](#)
 - [PACS \(new\)](#)
 - Pharmacy (018470)
 - [Critical Care Medical Manual](#)
 - Pr & marketing (018700)
 - [AAMC Public Website](#)
- External Sites:**
 - Clinical education (018750)
 - [Growing Up with Us](#)
 - [LexisNexis](#)
 - Hr development (018630)
 - [TestSource](#)
 - Human resources (018660)
 - [Healthstream](#)
 - Library (018670)
 - [Cochrane Library Database](#)
 - [MD Consult](#)
 - [Mosbys Nursing Skills](#)
 - [Natural Standard](#)
 - [Nursing Consult](#)
 - [PubMed](#)
 - [Red Book Online](#)
 - Materials management (018440)
 - [Graphix Unlimited](#)
 - [Office Max](#)
 - [Omni Buver](#)
 - Medical staff office (018730)
- Inside Hospital Only:**
 - Engineering/mainten (018420)
 - [Biomedical Request](#)
 - [Engineering Request](#)
 - [Imaging Request](#)
 - [Temp Trak Monitor](#)
 - Finance (018510)
 - [TimePC \(API\)](#)
 - Food & nutrition (018310)
 - [Nutrition Care Manual](#)

A red callout box with a white border points to the "Nutrition Care Manual" link under the "Food & nutrition" category. The callout box contains the text "Nutrition Care Manual".

The "Nutrition Care Manual" entry in the right-hand pane includes the following information:

- Nutrition Care Manual**
- Provides nutritional information for dietary.
- Resource Sponsor / Champion:**
- Swan, Bill; Supervisor, dietitians (298) at 443-481-1577 to learn more about this website link.**
- Support Information:**
- Contact Food and Nutrition for information.
- Link Information:**
- Web Resource # 227,
- <http://nutritioncaremanual.org/annearun>

The address bar at the bottom of the browser shows <http://nutritioncaremanual.org/annearun>.

Nutrition Care Manual

- Research-based clinical tools and nutrition information for over 80 diseases and conditions
- Disease-specific and based on Nutrition Care Process
- Resource for all AAMC employees

Nutrition Care Manual - Introduction

The screenshot shows the ADA Nutrition Care Manual website in an Internet Explorer browser window. The browser title is "ADA Nutrition Care Manual - AAMC Information Systems - Helpdesk x5202 - Internet Explorer". The address bar shows the URL "http://nutritioncaremanual.org/index.cfm?ip_id=5337". The website header features the ADA logo and the text "ADA NUTRITION CARE MANUAL" with an "NCM" logo. A search bar is located in the top right. A navigation bar below the header lists categories: Risk Screen, Diseases, Nutrition Care, Calculators, Formulary, Client Education, Meal Plans, Resources, and ADA Catalog. A secondary navigation bar includes links for Home, Contact ADA, About ADA, Help FAQ's, Site Map, and Log Out. The main content area is titled "WELCOME TO THE NUTRITION CARE MANUAL" and contains the following text: "The ADA Nutrition Care Manual (NCM) is a publication of the American Dietetic Association." Below this is a section "HOW TO USE NCM" with a link to a "video demonstration". Further down is a link to "Frequently Asked Questions" and a note about the navigation bar. On the right side, there are two highlighted boxes: "2007 Update AVAILABLE NOW!" with a link to "2007 Update Summary", and "EAL ADA's Evidence Analysis Library" with a link to "Childhood Overweight available to non-members" and a note "ADA Member Benefit". At the bottom, there is a copyright notice for 2006 and a disclaimer. The browser's status bar shows "Done" and the Windows taskbar at the bottom displays the Start button, the current page title, and the time "2:36 PM".

ADA Nutrition Care Manual - AAMC Information Systems - Helpdesk x5202 - Internet Explorer

File Edit View Favorites Tools Help

Address http://nutritioncaremanual.org/index.cfm?ip_id=5337 Go Links >>

ADA NUTRITION CARE MANUAL **NCM**

Search

Risk Screen Diseases Nutrition Care Calculators Formulary Client Education Meal Plans Resources ADA Catalog

Home Contact ADA About ADA Help FAQ's Site Map Log Out

WELCOME TO THE NUTRITION CARE MANUAL

The ADA Nutrition Care Manual (NCM) is a publication of the American Dietetic Association.

2007 Update
AVAILABLE NOW!
[2007 Update Summary](#)

HOW TO USE NCM

View a [video demonstration](#) on how to use NCM.

[Click here](#) to view Frequently Asked Questions or choose "Help FAQ's" in the navigation bar at the top right of your screen.

EAL
[ADA's Evidence Analysis Library](#)
Childhood Overweight available to non-members
ADA Member Benefit

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Done

Start ADA Nutrition Care Manu... Internet

2:36 PM

Nutrition Care Manual - Pressure Ulcers

The screenshot shows a web browser window titled "ADA Nutrition Care Manual - AAMC Information Systems - Helpdesk x5202 - Internet Explorer". The address bar shows the URL: <http://nutritioncaremanual.org/index.cfm?Page=Diseases>. The website header includes the ADA logo and the text "ADA NUTRITION CARE MANUAL" with an "NCM" logo. A navigation menu lists: Risk Screen, Diseases, Nutrition Care, Calculators, Formulary, Client Education, Meal Plans, Resources, and ADA Catalog. A search bar is also present. The main content area is titled "Diseases" and contains the following text:

This is the Diseases home page. Select a disease or condition in the navigation on the left side of this page.

The Disease area contains background information about diseases and conditions that may be helpful in providing nutrition care to patients.

A left-hand navigation menu lists various conditions, with a dropdown menu open for "Wound Care" showing "Pressure Ulcers" as a selected option. Other items in the dropdown include Alcoholism & Drug Addiction, Anemia, Burns, Celiac Disease, Geriatric, Musculoskeletal Conditions, Neurological, Phenylketonuria PKU, and Psychiatric.

At the bottom of the page, there is a footer with copyright information: © 2007 American Dietetic Association (ADA). The ADA does not endorse the content, products or services on other web sites.

The browser's taskbar at the bottom shows the Start button, an open window for "ADA Nutrition Care M...", and the system clock displaying "4:02 PM".

Nutrition Care Manual – Pressure Ulcers

The screenshot shows a web browser window titled "ADA Nutrition Care Manual - AAMC Information Systems - Helpdesk x5202 - Internet Explorer". The address bar shows the URL: http://nutritioncaremanual.org/index.cfm?Page=Nutritional_Therapy&topic=11168. The website header includes the ADA logo and the text "ADA NUTRITION CARE MANUAL". A search bar is located in the top right corner. Below the header is a navigation menu with categories: Risk Screen, Diseases, Nutrition Care, Calculators, Formulary, Client Education, Meal Plans, Resources, and ADA Catalog. The main content area is titled "Pressure Ulcers" and lists several sub-topics: Nutrition Assessment, Physical Observations, Client History, Nutrition Diagnosis, Nutrition Intervention, Nutrition Prescription, Nutrition Therapy Efficacy Goals, Food and Feeding Issues, Fluid Needs or Limits, Zinc supplementation, and Tube Feeding Guidelines. A sidebar on the left lists various medical conditions under "Nutrition Care". The footer contains copyright information for the American Dietetic Association (ADA) and a disclaimer.

ADA Nutrition Care Manual - AAMC Information Systems - Helpdesk x5202 - Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Refresh Home Search Favorites

Address http://nutritioncaremanual.org/index.cfm?Page=Nutritional_Therapy&topic=11168 Go Links >>

ADA NUTRITION CARE MANUAL **NCM**

Risk Screen Diseases Nutrition Care Calculators Formulary Client Education Meal Plans Resources ADA Catalog

Home Contact ADA About ADA Help FAQ's Site Map Log Out

Nutrition Care > Other > Wound Care > Pressure Ulcers

Nutrition Care

- Cardiovascular Disease
- Diabetes Mellitus
- Dysphagia
- Gastrointestinal Disease
- HIV / AIDS
- Metabolic Syndrome
- Oncology
- Renal
- Reproduction
- Transplant
- Weight Management
- Others

Pressure Ulcers

- Nutrition Assessment
- Physical Observations
- Client History
- Nutrition Diagnosis
- Nutrition Intervention
- Nutrition Prescription
- Nutrition Therapy Efficacy Goals
- Food and Feeding Issues
- Fluid Needs or Limits
- Zinc supplementation
- Tube Feeding Guidelines

Risk Screen | Diseases | Nutrition Care | Calculators | Formulary | Client Education | Meal Plans | Resources | Product Catalog

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Start ADA Nutrition Care M... 4:04 PM

Case Study: Applying the Nutrition Care Process

- Nutrition Assessment
 - 68 y.o. AAF admitted from NH with abd pain, s/p lysis of adhesions & bowel resection. Hx: L AKA and R BKA, **multiple decubs** & poorly healing wounds. TPN. **(Patient meets criteria for Clincons-Nutrition)**
- Nutrition Diagnosis
 - Inadequate infusion TPN related to increased nutrient needs for wound healing as evidenced by < 60% of calorie and protein needs on initiation of TPN.
- Nutrition Intervention
 - Recommend ↑ Protein and Calories in TPN.
- Nutrition Monitoring and Evaluation
 - Goal: Intake > 90% for calories and protein. Assess calorie and protein needs met by TPN.