

Models for Food Intake Monitoring

The following are examples of food intake monitoring used in the More-2-Eat Study.

| Who does the monitoring? | What tool is used? | What values are used? | Who and how is action taken for low intake? |
|--|---|----------------------------|--|
| Nurse | Nurses Charting /Vital Signs Form | 0, 25, 50, 75, 100% | Nurse: refers to RD/DT when intake consistently $\leq 50\%$ nursing notes this in clinical rounds; documents in chart. RD also reviews vital signs forms for intake. |
| Food Service Workers (nurses if they move the tray) | Monitoring section of the whiteboard in each patient room | 0, 25, 50, 75, 100% | Low intake is documented on chart and discussed at bedside rounds once per day. |
| Food service, nurses or Health Care Aides (whoever picks up the tray) | Patient Meal Intake Record (for 7 day period) on each patient's door. Laminated reference meal tray poster (with photos of meal trays with standardized % consumed) on wall in each patient room. | 0, 25, 50, 75, 100% or NPO | Intake recorded 3 meals daily. If $\leq 50\%$ is consumed, whoever picks up the tray asks patient 2 questions (about appetite and mealtime challenges) and records patient responses and corrective action taken. RD consulted if intake is $\leq 50\%$ for at least 2 meals/day for 3 consecutive days. |

This resource is a result of the collaboration of the hospital sites, researchers and stakeholders participating in the More-2-Eat study.