



## Documented Procedure

TITLE: IMPLEMENTATION OF THERAPEUTIC DIETS

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# Standard Operating Procedure

## Implementation of Therapeutic Diets

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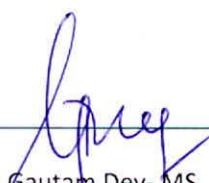

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## Implementation of Therapeutic Diets

**1. Objective:** To provide compulsory diet to patients in critical care units including MICU (Medical ICU), SICU (Surgical ICU), ITU (Intensive Thoracic Unit), CCU (Cardiac Care Unit), PICU (Paediatric ICU), NSICU (Neuro Surgical ICU) and Male Medicine Ward (MMW)

**2. Responsibility:** Dietician, Canteen Contractor, Unit nurses, Consultants/Medical Officers

### **3. Procedure for Diet Prescription:**

#### **3.1. In routine course:**

- After the patient's admission, the nutritional assessment (i.e. type of diet required as per the calorie requirement) will be done by the consultant/medical officer. The same will be prescribed in the patient records.
- The nursing staff will fill up patient diet slips according to the prescription. The details will include the following:

Type of diet<sup>1</sup>:

- Full Meal Normal Diet/Diabetic Diet or
- Full Meal Therapeutic Diet or
- Therapeutic Enteral Feed (Tube Feed)

#### **3.1.1. For a Full Meal Normal/Diabetic Diet, the diet slip will include the type diet as<sup>1</sup>:**

- Full Meal Normal Diet- Total calories 1800

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- Full Meal Diabetic Diet- Total calories 1800

**3.1.2. For a Full Meal Therapeutic Diet, the diet slip should include one of the following<sup>1</sup>:**

- Full Meal High Calorie High Protein Diet- Total calories 3055
- Full Meal Renal Diet- Total calories 2050
- Full Meal Dialysis Diet- Total calories 2400
- Full Meal Soft/Semi-solid Diet- Total calories 1800

**3.1.3. For a Therapeutic Enteral Feed (Tube Feed), the diet slip will include one of the following<sup>1</sup>:**

- Standard Tube Feed- Total calories 1800
- High Calorie High Protein Feed- Total calories 3000
- Diabetic Feed- Total calories 1800
- Renal Feed- Total calories 1550
- Hepatic Feed- Total calories 1360

**3.1.4. The next step is to mention the frequency of meal. For a Therapeutic Enteral Feed, total quantity of feed required should be mentioned as well.**

- **For Full Meal Normal Diet /Diabetic Diet<sup>3</sup>** (patients requiring 1800 calories in total) **frequency of meal will be 05** (Breakfast, Lunch, Evening tea, Dinner, Bedtime milk)
- **For Full Meal Therapeutic Diet<sup>3</sup>** (with respective caloric value ref 3.1.2) **frequency of meal will be 06** (Breakfast, Mid-morning, Lunch, Evening tea, Dinner, Bedtime milk)

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- **For Therapeutic Enteral Feed<sup>B</sup>** (ref 3.1.3, patients who will be prescribed 2 hourly, 3 hourly feed) **frequency of meal will be according to doctor's prescription. It will include the total quantity of feed required in a day as well.**

*Following is the example of a diet slip:*

Patient name: Chanda Chettri

Hospital Id: 562011

Unit: MICU

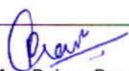

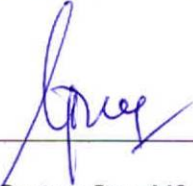

Type of diet: tube feed-high calorie high protein feed

Frequency: 200 ml 4 hourly

Total quantity: 1 litre

- 3.1.5. The diet slips will be signed by respective nurses and each patient will have a separate diet slip.
- 3.1.6. The diet slips will be sent to ADNS office one day prior (by 4pm), for regular admitted patients.
- 3.1.7. The ADNS will forward the diet slips to kitchen supervisor.
- 3.1.8. Diet will be delivered against the diet slips received.
- 3.1.9. Diet Counselling will be given to patients/attendants by the Dietician. The type of counselling given will be mentioned in the patient records and will be signed by the Dietician.
- 3.1.10 A master sheet of diet consumed by patients in all ICUs will be maintained by respective Unit-In-Charges.

**(For details on the type of menu in different categories of diet, please refer ANNEXURE-2)**

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### 3.1.11 Procedure for Diet Counselling by Dietician:

3.1.11.1 For patients who are semi-conscious/unconscious, counselling will be given to patient attendants in OPD Diet Clinic between 9:30 am to 12:30 pm.

3.1.11.2 For patients who are conscious and well oriented, bedside counselling will be given to patients in the ICUs between 3 pm to 5 pm. The referral consultation record will be sent to diet clinic. Dietician will put up notes and the record will be attached in patient's file.

### 3.2 Procedure for New Admissions:

3.2.1 For new admissions, after the nutrition assessment, the requirement will be telephonically informed to kitchen supervisor Phone Extension No. **232** and thereafter diet slips will be sent to kitchen after being counter signed by ADNS for regularisation.

3.2.2 The process will further follow a normal course of action (ref: 3.1.7-3.1.11)

### 3.3 Procedure during Diet Changes/Patient Transfer:

3.3.1 In case a patient undergoes a change in the diet, telephonic information will be given to kitchen supervisor with proper patient details by Nursing Staff.

## 4 Procedure for Diet Dispensing:

4.1. Diets will be delivered against the diet requisitions received.

4.2. Services for hourly diets will be delivered as per requirement.

4.3. Normal diets and therapeutic diets that includes full meal will be served in the compartment plates.

4.4. Enteral feeds that include only liquid diet will be served in a flask.

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### 5 Post Meal Feedback:

5.1 A feedback on the menu served will be taken the next day. Improvements and rectifications will be done on the feedbacks received.

### 6 Kitchen Operating Time:

6.1 The patient kitchen will operate from 8 am to 7 pm.

### 7 Training:

7.1 The training on the subject will be imparted to kitchen supervisor and staffs concerned regarding preparation and dispensing of meals along with maintaining of hygiene standards. A follow up training will also be conducted in every six months

Please refer the flowchart, as enclosed. Also enclosed is the format for new diet slip in ANNEXURE-3.

### ANNEXURE-1

In order to streamline the new system, the process needs to be followed in the steps shown below:

#### Process Flow

##### a. In regular course

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**Nutritional assessment by Doctor-**

Doctor's written advice on the type of diet suggested for the patient

Responsibility-  
Medical Officer

Filling up of diet prescription forms (diet slips) by the ward nurses-  
Type of diet that will include one among the following:

- Full Meal Normal Diet/Diabetic Diet
- Full Meal Therapeutic Diet
  - High Calorie High Protein Diet
  - Renal Diet
  - Dialysis Diet
  - Soft/semi solid Diet
- Therapeutic Enteral Feed Diet (Tube Feed)
  - Standard Tube Feed
  - High Calorie High Protein Feed
  - Renal Feed 20g Protein
  - Renal Feed 30g Protein
  - Hepatic Feed 20g Protein
  - Hepatic Feed 0g Protein

Responsibility-  
Nursing staff

The patient diet slip will include the following along with patient details (as per given format of new diet slip):

- Category of ICU
- Type of diet
- Quantity (total quantity that will be required in a day)
- Frequency of feed (2 hourly, 3 hourly etc.)

Responsibility-Nursing staff

Diet counselling will be given to patients/attendants by dietician

Responsibility-Dietician

Diet slips will be sent to the kitchen by the units one-day prior, latest by 4 pm every

Responsibility-Nursing  
staff and ADNS

Diet slips will be received in the NS office and will be collectively sent to the kitchen

Responsibility-ADNS

Meals will be delivered to the patients against the diet slips received.

Responsibility-Kitchen  
supervisor

A master sheet of diets consumed by patients in respective wards will be maintained by unit in-charges

Responsibility-Nursing staff

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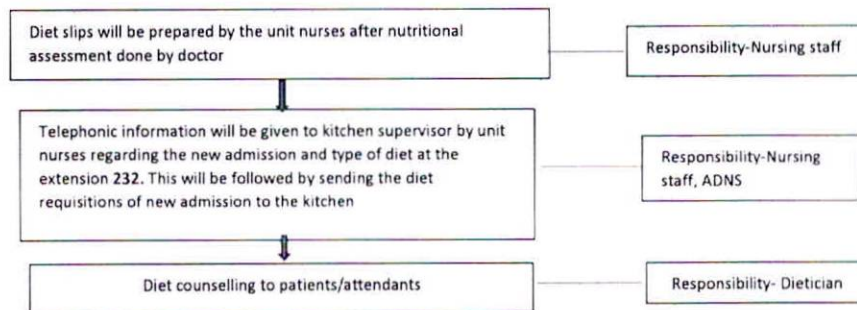
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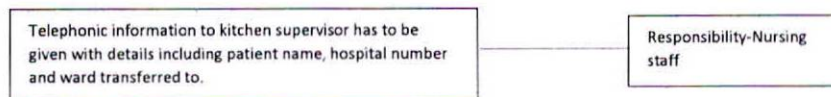
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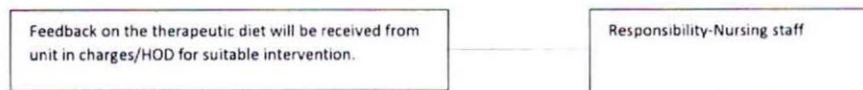
**b. For New Admissions:**



**c. In case of Diet changes/Patient transfer**



**d. Post Meal Feedback**



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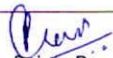

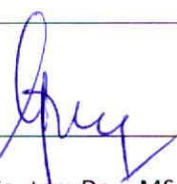
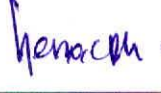
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### Annexure-2

### Therapeutic and Normal Diets Menu Charts<sup>3</sup>

#### A. Full Meal Normal and Diabetic Diet<sup>3</sup>

Breakfast	Milk 200 ml (1 glass))
	Bread slices (4 medium)
	Butter- 25g
	Egg-01/25g Paneer
	Fruits 100g (1 medium-sized)
Lunch	Chapatti (4 medium-sized)/rice 100g
	curd 125g (1 bowl)
	Dal 25g (1 bowl), Paneer 25g curry
	Green vegetables 200g (1 bowl)
	Cooking fat 10g, soup 1 bowl
Evening Tea	Tea (50 ml milk) with 1 tsp of sugar
	Biscuits – 4 nos.
Dinner	Chapatti (4 medium-sized)/100g rice
	Dal 25g (1 bowl)/soya beans
	Vegetables 200g (1 bowl)
	Egg curry/Paneer 25g
Bedtime	Milk 200 ml (1 glass)
Total Calories	1800

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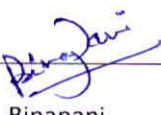
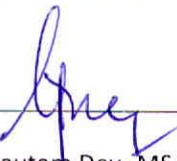
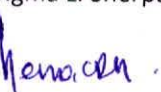
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(For diabetes, diet remains the same except that sugar is omitted. Chapatti will be given in place of rice at dinner.)

### B. Full Meal Therapeutic Diet<sup>3</sup>

<b>B1. High Calorie High Protein Diet</b>	<b>Breakfast</b>	Milk 250 ml
		Bread 4 slice with butter
		Egg 02/Paneer 50 g
		Fruits 02 medium
	<b>Mid-Morning</b>	Juice 250 ml
	<b>Lunch</b>	Soup 1 bowl
		Chapatti 6 medium/Rice 150 g
		Vegetable 1 serving
		Curd 125 g 1 bowl
		Dal 25 g 1 bowl
		Paneer 1 serving
	<b>Evening Snack</b>	Milk 200 ml
		Sandwich 02
	<b>Dinner</b>	Same as lunch
	<b>Bedtime</b>	Milk 200 ml (1 glass)
<b>Total Calories</b>	<b>3055</b>	

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<b>B2. Renal Diet (40g protein)</b>	<b>Breakfast</b>	Milk 200 ml
		Bread 4 slice
		Egg 01
	<b>Mid-morning</b>	Tea with sugar 1 cup
		4 arrowroot biscuit
	<b>Lunch</b>	Chapatti 04/100g rice
		Curd 120 g
		Sago khichdi/kheer 50 g
		Fruit 01 100 g
		Vegetable 125 g
		Cooking oil 10 g
	<b>Evening Tea</b>	1 cup of tea with sago khichdi/vada
	<b>Dinner</b>	Same as lunch
	<b>Bedtime</b>	Milk 200 ml
<b>Total Calories</b>	<b>2050</b>	

<b>B3. Dialysis Diet (50g protein)</b>	<b>Breakfast</b>	4 slice bread
		Milk 200 ml
		Salt free butter 25 g
		Egg 01

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		Fruit 100 g
	<b>Mid-Morning</b>	1 cup tea with 4 arrowroot biscuits
	<b>Lunch</b>	Chapatti 04/100 gm rice
		Curd 120 gm
		Vegetable 125 g
		Sago Khichdi/Kheer 50 g
		Paneer 25 g
		Cooking oil 10 g
		Dehusked Pulse 25 g
	<b>Evening Tea</b>	1 cup tea with sago khichdi/ vada
	<b>Dinner</b>	Same as lunch except dehusked pulse
	<b>Bedtime</b>	Milk 200 ml
<b>Total Calories</b>	<b>2400</b>	

<b>B4. Soft/Semi-solid diet</b>	<b>Breakfast</b>	Milk 200 ml
		Bread 4 slice with butter/jam
		Soft boiled egg
	<b>Lunch</b>	Soup 1 bowl
		Khichdi (rice and dehusked dal)
		Dehusked dal 25 g 1 bowl

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		Soft cooked vegetable/smashed potato 1 bowl
		Curd 125 g
		Cooked stewed fruit/juice
	Evening Tea	Light tea/coffee with 4 biscuits
	Dinner	Same as lunch
	Bedtime	Milk 200 ml
Total Calories	1800	

### C. Therapeutic Enteral Feed<sup>3</sup>

C1. Standard tube feed	Food	Quantity (g)	Carbohydrates (g)	Proteins (g)	Fat (g)
	Low fat milk (3% fat)	750	33	24	24

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	Egg	1	-	5	5
	Sugar	40 g	40	-	-
	Cornstarch	50	50	-	-
	High protein supplement	15	2	8	-
	Water	150 ml	-	-	-
			125	37	29
<b>Total Calories</b>	<b>1800</b>				

X2

Standard Frequency: Diet will be delivered twice a day, can be given to patients at 2 hrs intervals.

<b>C2. Diabetic Feed</b>	Same as standard feed, sugar is omitted.
<b>Total Calories</b>	<b>1800</b>

Standard Frequency: Diet will be delivered twice a day, can be given to patients at 2 hrs intervals.

<b>C3. High Calorie High Protein Feed</b>	Food	Quantity (g)	Carbohydrate (g)	Protein (g)	Fat (g)
	Low fat milk (3% fat)	1000	44	32	32
	Egg	1	-	5	5
	Sugar	80	80	-	-
	Cornstarch	90	90	-	-
	High protein supplement	30	5	17	-

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DOCUMENT NO: SOP/CRH/COP/IFTD/07

REVISION NO: 00

REVISION DATE: 00

VERSION NO. 01

ISSUE/EFFECTIVE DATE: 27/03/17

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	Skimmed milk powder	30	12	6	-
	Water	500	-	-	-
			231	60	37
Total Calories	3000				




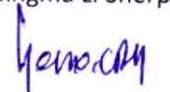
X2

Standard Frequency: Diet will be delivered twice a day, can be given to patients at 2 hrs intervals.

C4. Renal feed (20g protein)	Foods	Quantity (g)	Carbohydrates (g)	Proteins (g)	Fats (g)	Na (mg)	K (mg)
	Milk (low fat 3%)	150	9	5	4	22	210
	Egg	1	-	5	5	65	48
	Sugar	60	60	-	-	-	-
	Cornstarch	50	50	-	-	26	30
	Oil	20	-	-	20	-	-
	Water	300	-	-	-	-	-
			119	10	29	113	288
Total Calories	1550						

X2

Standard Frequency: Diet will be delivered twice a day, can be given to patients at 2 hrs intervals.

 Ms. Priya Ravi- Operations Executive	 Ms. Binapani Rajlkumari- Dietician	 Dr. Gautam Dey-MS Dr. Mingma L. Sherpa- HO 	DP
Prepared By	Reviewed By	Approved By	
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C5. Renal feed (30g protein)	Foods	Quantity (g)	Carbohydrates (g)	Proteins (g)	Fats (g)	Na (mg)	K (mg)	X2
	Milk (low fat 3%)	300	15	10	10	45	520	
	Egg	1	-	5	5	65	48	
	Sugar	60	60	-	-	-	-	
	Cornstarch	50	50	-	-	26	30	
	Oil	20	-	-	20	-	-	
	Water	200	-	-	-	-	-	
			125	15	35	181	598	
Total Calories	1750							

Standard Frequency: Diet will be delivered twice a day, can be given to patients at 2 hrs intervals.

C6. Hepatic Feed (20g protein)	Moong dal- 50 g Sugar- 100 g Arrowroot powder- 30 g Water- 1 litre
Total Calories	1360
C6. Hepatic Feed (0g protein)	Arrowroot powder- 40 g Sugar- 100 g Rose syrup- 30 g Water- 1000 ml
Total Calories	1240

 Ms. Priya Ravi- Operations Executive	 Ms. Binapani Rajkumari- Dietician	 Dr. Gautam Dey- MS Dr. Mingma L. Sherpa- HO	DP
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X2

Standard Frequency: Diet will be delivered twice a day, can be given to patients at 2 hrs intervals.

**Please Note:** The above is a standard menu plan according different categories of therapeutic diet. The nutritional assessment will depend on the patient's calorie requirement and body weight. Hence the quantity of meal/feed may increase or decrease depending on the nutritional assessment.

Therapeutic enteral feeds will be delivered by the hospital kitchen except the high protein supplements (ref C1-C3), that will be bought from the hospital pharmacy

### ANNEXURE-3

 Ms. Priya Ravi- Operations Executive	 Ms. Binapani Rajkumari- Dietician	 Dr. Gautam Dey- MS Dr. Mingma L. Sherpa- HO 	DP
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### a. Format for New Diet Slip

 <b>Patient Diet Slip</b>	
Date:	_____
Patient Name:	_____
Hospital no. :	_____
Ward/Unit:	_____
Type of Diet:	_____
Frequency:	_____
Total quantity:	_____
I/C Sign:	_____
ADNS Sign:	_____

(Each patient will have a separate diet slip)

- b. Master sheet of diet consumption (which is presently followed and maintained by ward/unit incharges)
- c. Diet records maintained by the ADNS
- d. Diet records that are maintained by the kitchen supervisor

 Ms. Priya Ravi- Operations Executive	 Ms. Binapani Rajkumari- Dietician	 Dr. Gautam Dey- MS Dr. Mingma L. Sherpa- HO 	DP
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### References:

1. Nutritive Value of Indian Foods, National Institute of Nutrition Indian Council of Medical Research, Hyderabad India.
2. Nutrient Requirements and recommended Dietary Allowances for Indians, National Institute of Nutrition, ICMR, India.
3. Diet Management by Rekha Sharma- AIIMS New Delhi.

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