

UCSF Medical Center
 Nutrition and Food Services
 Outpatient Nutrition Services

Who should provide nutrition services?

Guidelines for Nutrition Assessment and Care

Conditions that may indicate nutrition risk are shown below with guidelines for action.

<i>Condition</i>	<i>Action</i>
Basic nutrition information is needed.	Clinic staff provides written information from this binder or other sources.
Suspected inadequate diet ◆ Poor food access. ◆ Prolonged poor appetite/inadequate intake ◆ Self-restricted diet ◆ Dysphagia/swallowing difficulty	◆ Refer to social services. ◆ Provide Calorie Booster handout <i>or</i> refer to Nutrition Counseling Clinic. ◆ Provide basic nutrition handout <i>or</i> refer to Nutrition Counseling Clinic. ◆ Speech/OT evaluation, then refer to Nutrition Counseling Clinic.
Unexplained significant weight loss/FTT ◆ Patient now eating and stabilizing/gaining weight. ◆ Sustained weight loss/poor wt. gain.	◆ Monitor; provide Calorie Boosters handout. ◆ Refer to Nutrition Counseling Clinic.
*Nutrition Therapy: Medically prescribed diet or food restriction. ◆ Patient understands diet principles. ◆ New diet prescription or patient indicates lack of knowledge.	◆ No action required unless patient requests a nutrition consultation. ◆ Refer to Nutrition Counseling Clinic.

* Refer to page 5 for a list of conditions that are commonly managed with nutrition therapy as part of the overall treatment plan.