



HEALTH HOLDING

HAFER ALBATIN HEALTH  
CLUSTER  
MATERNITY AND  
CHILDREN HOSPITAL

<b>Department:</b>	Clinical Nutrition		
<b>Document:</b>	Departmental Policy and Procedure		
<b>Title:</b>	Discharge Teaching on Therapeutic Discharge Diet		
<b>Applies To:</b>	All Clinical Dieticians		
<b>Preparation Date:</b>	January 12, 2025	<b>Index No:</b>	CN-DPP-004
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## 1. PURPOSE:

- 1.1 To provide verbal and written instructions for the patient and his/her care giver who will be discharged on therapeutic diets as ordered by the physician.

## 2. DEFINITIONS:

- 2.1 **Discharge Teachings** – are discharge instructions /education provided to patient regarding his eating plan as medically recommended for his full recovery

## 3. POLICY:

- 3.1 All patients who will be discharged on therapeutic or special diets as ordered by the physician must be instructed on their particular diets prior to discharge. Sedative care patients will be instructed upon physician consultation and diet instruction should be given before the weekend.

## 4. PROCEDURE:

- 4.1 Discharge teaching/education is provided by dieticians for all patients /families, and documents the response in the Interdisciplinary Patient Form / Family Education Record form.
- 4.2 Discharge teaching is recommended to re – enforce education before patient goes home to ensure adherence to instructions.
- 4.3 Clinical dieticians should identify the patients for whom a therapeutic diet has been ordered, and provide the appropriate diet instruction.
- 4.4 Clinical dieticians should document the patient's response to education in the Interdisciplinary Patient form / Family Education Record form.
- 4.5 If diet instruction has been given on the previous admission, review the diet as needed.
- 4.6 Assess patient's learning needs based on their ability and readiness to learn.
- 4.7 Modify diet instruction according to patient's current eating patterns and food preferences.
- 4.8 Inform patient and /or caregiver of the therapeutic diet order and the rationale for the order.
- 4.9 Assess level of understanding by asking questions to patient or caregiver pertaining to the diet.
- 4.10 For any further questions regarding the diet instruction, the clinical dietician concerned will be contacted.
- 4.11 Clinical dietitian should document relevant information in the Interdisciplinary Patient Form/ Family Education Record Form:
  - 4.11.1 Diet instructed Hand-outs given.
  - 4.11.2 Teaching methods.
  - 4.11.3 Learner's level of understanding.
  - 4.11.4 Recommendation for follow-up.
  - 4.11.5 Recommend and document referral to nutrition clinic for further follow-up if needed.
- 4.12 Patients needing Supplementary nutrition support care are referred to Home Medical Team to complete all formalities needed in order to get entitled to receive this service.



## 5. MATERIALS AND EQUIPMENT:

- 5.1 Medical Record
- 5.2 Educational Materials:
  - 5.2.1 Food Models
  - 5.2.2 Written Education Material
  - 5.2.3 Formula Cans, Measuring Cups
- 5.3 Appointment Slip
- 5.4 Formula Request Form (Enteral Take Home Supplies Form)

## 6. RESPONSIBILITIES:

- 6.1 Clinical Dietitians


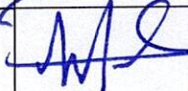




## 7. APPENDICES:

- 7.1 Interdisciplinary Patient Form / Family Education Record Form on the system
- 7.2 Nutritional Assessment and Reassessment Form on the system

## 8. REFERENCES:

- 8.1 Al Yamamah Hospital; Discharge Teaching on Therapeutic Discharge Diets, APP (DT/005- (V3)), 20/11/1437H.

## 9. APPROVALS:

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