

Clinical Nutrition – Calorie Count Updates

Know

- A calorie count is an estimation of a patient's nutrient intake based on the percentage of each food and beverage item a patient consumes.
- Calorie counts are monitoring tools used by clinical nutrition services to assess the adequacy of a patient's calorie and protein intake.
- **The calorie count request process is changing:**
 - A "Calorie Count" order will be available in EPIC starting June 10th.
 - The reason for the calorie count must be included in the order.
 - The length of the calorie count may be specified in days.
 - Ordering providers will be required to attest they have collaborated with registered dietitian prior to ordering a calorie count.
 - Calorie counts ordered after 10:30AM will be started on the following day to ensure adequate data collection.
- **Recording calorie count data is changing:**
 - Paper tickets will be sent from kitchen, but they will not be used for documentation by nursing.
 - Nurses and PCAs will document the percentage of food and beverage items consumed in designated rows within the Intake/Output flowsheet in EPIC.
 - Dietetic Technicians, Registered will analyze the data and tabulate the estimated calories and protein consumed. They will document this in a consult note.
 - Registered Dietitians will write a note if necessary indicating a change in nutrition plan of care.

Do

- Order calorie counts for appropriate patients.
 - Calorie counts are indicated for:
 - Patients transitioning from nutrition support (tube feeds and/or TPN) to diet
 - Patients who are being evaluated for needing nutrition support
 - Patients on specific therapeutic diet protocols (i.e. Eating Disorder, Metabolic Protein Restriction)
 - Calorie counts may not be appropriate for patients with high GI output or significant malabsorption.
- Prior to ordering a calorie count, consult with the registered dietitian following the patient to obtain their full assessment of the patient's nutrition status and their recommended interventions.

Share

- You can access the full [Calorie Count Policy & Procedure](#) on PowerDMS.
- Share with your medical teams, advanced practice providers, residents, and students.
- If you have questions about calorie counts contact the Clinical Nutrition Managers: Cait Richards (Caitlin.Hogan@ucsf.edu) or Liz Sullivan (Elizabeth.Sullivan@ucsf.edu)