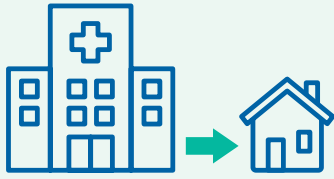


Malnutrition Care Discharge Checklist



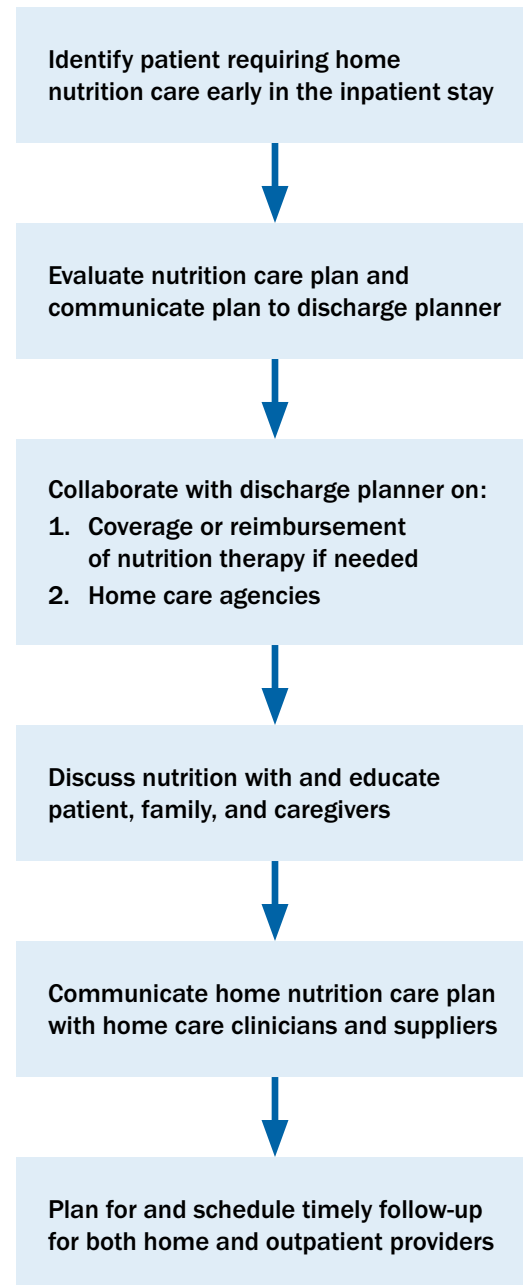
Up to 40% of hospitalized patients are diagnosed with malnutrition¹ with an average hospital length of stay of 5.4 days.² Even with the best of interventions, almost all these patients are discharged with some ongoing malnutrition and need an outpatient nutrition care plan.

The recently approved Global Malnutrition Composite Score (GMCS), an electronic clinical quality measure, includes four main steps of nutrition care: malnutrition screening, assessment, diagnosis, and care plan development which includes needed interventions.³ Discharge planning for transitions of care should be included in the nutrition care plan and communicating this plan to assure the hospital-based interventions are carried across the healthcare continuum is crucial in order to improve patient outcomes.

Resources

- **ASPEN Discharge Planning Podcast**
nutritioncare.org/DischargePodcast
and **Practice Tool** nutritioncare.org/DischargePlan
- **MQii Discharge Planning**
malnutritionquality.org/wp-content/uploads/Toolkit_Discharge.pdf
- **Organization Guidelines for Nutrition Support After Discharge**
 - » ESPEN guidelines: espen.org/guidelines-home/espen-guidelines
 - » ASER/POQI Joint Consensus Statement on Nutrition Screening and Therapy Within a Surgical Enhanced Recovery Pathway. *Anesth Analg*. 2018 Jun;126(6):1883-1895.

Discharge to Home Planning Process



References:

1. Guenter P, Blackmer A, Malone A, et al. Current nutrition assessment practice: A 2022 survey. *Nutr Clin Pract*. 2023 Apr 14. doi: 10.1002/ncp.10998. Online ahead of print.
2. Centers for Disease Control and Prevention. National health expenditures, average annual percent change, and percent distribution, by type of expenditure: United States, selected years 1960-2019. 2021. <https://www.cdc.gov/nchs/hus/data-finder.htm?&subject=Hospitals>
3. Bechtold ML, Nepple KG, McCauley SM, et al. Interprofessional implementation of the Global Malnutrition Composite Score quality measure. *Nutr Clin Pract*. First published: 11 July 2023 <https://doi.org/10.1002/ncp.11033>

Malnutrition Care Discharge Checklist

Discharge Planning Processes	Specific Steps and Documentation Needed	Sign Off and Date Completed
Indications for home nutrition care	<ul style="list-style-type: none"> Inpatient nutrition assessment and malnutrition diagnosis* Nutrition care plan and goals* Tolerance of current nutrition therapy 	
Discharge planner and insurance coverage as needed	<ul style="list-style-type: none"> Insurance coverage for nutrition therapy as needed Assess programs such as SNAP, food banks, Meals on Wheels, etc. Discharge summary sent to primary care provider 	
Contacts identification	<ul style="list-style-type: none"> For discharge planner For primary care provider and ordering prescriber For home care agencies, home infusion companies, and/or DME suppliers 	
Specific home care regimen	<ul style="list-style-type: none"> Detailed home nutrition care orders Advancement to goal at home order if applicable <p>Home Nutrition Orders (enter here):</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
Patient/caregiver education	<ul style="list-style-type: none"> Patient/caregiver education provided including home nutrition care and self-monitoring Patient and caregiver provided with clinician and home care contacts Patient/caregiver reminders of follow-up appointments Written instructions provided for patient/caregivers 	
Home care agencies and suppliers	<ul style="list-style-type: none"> Discharge planner, RD, or nutrition clinician communicates patient information, supplies, and monitoring needed with each home agency and supplier 	
Follow-up and appointments	<ul style="list-style-type: none"> Schedule timely follow-up appointments with outpatient provider who is managing home nutrition therapy Schedule follow-up with nutrition clinicians as appropriate Arrange for monitoring labs and other tests 	

*Components of the Global Malnutrition Composite Score³

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