

Nutrition and Pressure Injury Prevention & Treatment

Follow these guidelines for anyone at risk for pressure injury (malnutrition) or with a current pressure injury:

Screening

At admission, with significant change and if no progress in PI closure
Use a valid screening tool

Assessment

To Include:
Weight status and weight change
Ability to eat independently
Adequacy of nutrient intake

Care Plan

Develop an individualized care plan

Calories

- *Provide energy based on individualized needs and underlying medical conditions
- *30-35 calories per kg for those at risk for or with actual pressure injury
- *Adjust energy needs based on weight change or level of obesity
- *Liberalize dietary restrictions when appropriate
- *Offer Fortified and/or high cal/pro oral supplements if needed to achieve goal intake
- *Consider nutrition support when oral intake isn't adequate

Protein

- *Provide adequate protein to achieve positive nitrogen balance
- *Offer 1.25-1.5 gm/kg body weight when compatible with goals of care; reassess with change
- *Offer high cal/pro oral supplements if requirements not met with meals
- *Assess renal function to support use of higher protein consumption
- *For Stage III/IV or multiple PI, supplement with high protein, arginine and micronutrients when unable to meet needs with traditional supplements

Fluids

- *Provide adequate fluids based on individualized needs
- *Monitor for s/s of dehydration
- *Provide additional fluids for dehydration, increased temp, V/D, heavy wound exudate

Vitamins/Minerals

- *Encourage to eat a varied, balanced diet
- *Provide a vitamin/mineral supplement when intake poor or deficiency is confirmed/suspected