



Queensland
Government

Royal Brisbane & Women's Hospital

**QUEENSLAND EATING
DISORDER SERVICE (QUEDS)
ONGOING MEAL PLAN (3 STEP)**

(Affix patient identification label here)

URN:

Family Name:

Given Names:

Address:

Date of Birth:

Sex: M F I

Notes: Liquid supplements are prescribed by the Dietitian to an equivalent energy content as the meal or snack and should be decanted into a glass for consumption. The three step meal plan is **not** usually appropriate if at high risk of refeeding syndrome.

Option 1: Prescribed Meal – if the meal is not 100% completed in the allocated time proceed to Option 2.

Option 2: Liquid supplement – if the liquid supplement is not consumed in 10 minutes proceed to Option 3.

Option 3: Nasogastric bolus – provision of the remainder of the liquid supplement via NGT as a bolus.

Oral Intake

Nursing staff must complete oral intake records after each meal. Please include oral supplements in intake record and indicate whether NGT was required.

Wherever possible supervise consumer during meals in a common area and for 60 minutes post main meals and 30 minutes post snacks.

Consumers are expected to finish their meal in the allocated time of 30 minutes for a main meal and 20 minutes for a snack

General Guidelines – consumers should choose from selective menu with guidance from staff

- Limit fruit to maximum three serves per day
- Liquid supplement is ideally a 'nutritionally complete' fluid e.g. Sustagen or Resource Plus
- Avoid artificial sweeteners and diet products
- Bread should be eaten with margarine or butter
- At least one hot meal per day
- Limit tea / coffee to three cups per day
- Ensure a protein choice at each meal
- Special meals, menu items or foods from outside the hospital are not appropriate

Date: / /

Liquid Supplement (mls)

Breakfast:

Fluid intake:

Morning Tea:

Fluid intake:

Lunch:

Fluid intake:

Afternoon Tea:

Fluid intake:

Dinner:

Fluid intake:

Early Supper:

Fluid intake:

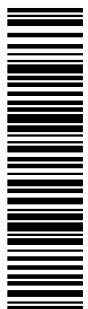
Late Supper:

Fluid intake:

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