

# COVID-19 Patients Nutritional Advice

## COVID-19 Patients: Standard Nutritional Approach

to have x3 oral nutritional supplements per day, not for TTO (take home)

### Week 1 & 2

- ☐ Offer snacks\*, milk, milky drinks between meals
- ☐ Offer up to 3 oral nutritional supplements (ONS) per day – not for TTO
- ☐ Assist and encourage with meal choices
- ☐ Inform patient and staff that plan in place and start food record chart
- ☐ Give 'advice for small appetite booklet'. Copies will be provided by Dietetics for the wards– also on dietetics intranet page.
- ☐ Weigh weekly

**Refer to dietetics for;** Enteral feeding (NG/NJ/PEG/RIG) or TPN, Dysphagia, BMI  $\leq 16\text{kg/m}^2$ , Pancreatitis, Renal failure, Liver disease, Eating disorder, Current Cancer

\*e.g Biscuits, Custard Pots, Yogurts, Cake



### Week 3: Improvement

- Continue as above until usual appetite/intake has returned
- Consider discontinuing supplements

**Supplements NOT for discharge unless specified by Dietitian**

### Week 3: No improvement

- No improvement in intake
- Weight loss
- Does not tolerate/declines supplements

**Refer to Dietitian**

### Appropriate Supplements

- **Milk Style:** Fortisip Compact 125ml (300kcal, 12g protein, 37.1g CHO)  
Ensure Plus Milkshake Style 200ml (300kcal, 12.5g protein, 40.4g CHO)
- **Juice Style:** Fortijuce 200ml (300kcal, 8g protein, 67g CHO)  
(caution in patients with Diabetes)
- **Dessert Style:** Fresubin 2kcal Crème 125g (250kcal, 12.5g protein, 28.1g CHO)  
Fresubin YoCreme 125g (188kcal, 9.4g protein, 24.3g CHO)

### Other dietetic referrals:

Active IBD (low residue diet), Diabetes (new diagnosis)