Contents

Contributors xi
Preface xiii
Introduction xv

1 National and European Initiatives to Improve Standards of Nutritional Care 1
   Carolyn Best
   Introduction 1
   National and European initiatives 1990–2007 2
   Conclusion 19
   References 19

2 Malnutrition 23
   Harriet Gordon and Helen Hitchings
   Introduction 23
   What is malnutrition? 23
   Signs and consequences of malnutrition 26
   Specific vitamin and mineral deficiencies 30
   Management of malnutrition 35
   Nutrition support 36
   Recognising and managing malnutrition in obese patients 38
   Conclusion 39
   References 39

3 Nutrition Screening and Assessment 41
   Helen Hitchings
   Introduction 41
   Nutrition screening 41
6 Parenteral Nutrition
Carolyn Best, Helen Hitchings, Joanna Boul
t and Harriet Gordon

Introduction 129
Indications of parenteral nutrition 131
Clinical assessment of the patient requiring parenteral nutrition 132
Routes for intravenous access 134
Types of central venous catheter 135
Non-central access options 138
Multi-lumen vs single-lumen catheters 139
Confirming central venous catheter tip position 139
Using a previously used central venous catheter 139
Aftercare of line and insertion site 140
Dressing changes 141
Observations 143
Flushing following insertion 144
Estimating nutritional requirements 144
Biochemical and haematological assessment 145
Preparations available 146
Nutritional content of parenteral nutrition 146
Allergies to components of parenteral nutrition 148
Drug therapy that may affect nutrition support 148
Care of parenteral nutrition before administration 149
Mode of delivery: continuous or cyclical administration 151
Administration of medication through a central venous catheter 151
Should an in-line filter be used? 151
Maintaining catheter patency 152
Patient monitoring 152
Complications associated with the administration of parenteral nutrition 155
Discontinuing parenteral nutrition 160
Removal of a central venous catheter 161
The role of non-medical prescribing in parenteral nutrition 161
Conclusion 162
References 162
Further reading 165

7 Re-feeding Syndrome
Helen Hitchings and Harriet Gordon

Introduction 167
## 10 Transfer of Care from Hospital to Community

*Carolyn Best and Helen Hitchings*

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>219</td>
</tr>
<tr>
<td>Planning discharge</td>
<td>219</td>
</tr>
<tr>
<td>Education</td>
<td>220</td>
</tr>
<tr>
<td>Training required</td>
<td>221</td>
</tr>
<tr>
<td>Equipment required for discharge</td>
<td>222</td>
</tr>
<tr>
<td>The review process</td>
<td>222</td>
</tr>
<tr>
<td>Potential problems</td>
<td>226</td>
</tr>
<tr>
<td>Conclusion</td>
<td>229</td>
</tr>
<tr>
<td>References</td>
<td>229</td>
</tr>
<tr>
<td>Further reading</td>
<td>230</td>
</tr>
<tr>
<td>Support group details</td>
<td>230</td>
</tr>
</tbody>
</table>

## 11 Case Studies

*Harriet Gordon, Carolyn Best, Helen Hitchings and Joanna Boult*

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>231</td>
</tr>
<tr>
<td>Enteral nutrition</td>
<td>231</td>
</tr>
<tr>
<td>Combined enteral/parenteral nutrition</td>
<td>243</td>
</tr>
<tr>
<td>Parenteral nutrition</td>
<td>246</td>
</tr>
<tr>
<td>References</td>
<td>253</td>
</tr>
</tbody>
</table>

_Glossary and Abbreviations_  

_Index_  

265