Introduction

1.1. Purpose
The purpose of this standard is to establish a consistent ordering practice for ordering oral diets. This ensures providers write orders safe and clear orders that can be filled without requiring clarification thereby reducing the potential for preventable errors or adverse events. It applies to all inpatient services.

1.2. Scope
This standard applies to orders for all oral diets written by physicians, nurse practitioners and dietitians.

Standard
Oral diets include orders for breastfeeding and orders for food or fluids.
- Breastfeeding orders are documented as “breastfeed”, “breastfeed ad lib”

Orders for oral diets must include:
- Oral diet name (Refer to BC Children’s and Women’s Hospital Diet Writing Guidelines)
- Texture, if different from standard texture for diet type
- Fluid viscosity, if requiring a thickened fluid texture
- Oral supplements are ordered using the product name (See Infant and Enteral Formulary), and frequency

The diet office will provide texture per age specific standards if texture is not otherwise specified. Diet as tolerated is an instruction not a nutrition order. To order advancement, indicate starting diet appropriate for age, and write a nursing instruction to advance diet as tolerated. Orders for Diet as Tolerated will be interpreted as a General Diet (age specific) using the standard texture for age if not otherwise specified.

Table 4 – Sample Orders – Oral Diet

<table>
<thead>
<tr>
<th>Order Type</th>
<th>Sample Order</th>
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<tbody>
<tr>
<td>Oral Diet</td>
<td>Clear fluid diet; RN/Prescriber to advance diet as tolerated</td>
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<td>Diabetes diet, minced texture</td>
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<tr>
<td></td>
<td>Eating Disorders Diet, Meal Plan A</td>
</tr>
<tr>
<td></td>
<td>General diet, regular texture</td>
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</tbody>
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Supporting Documents

Related Policies
- PTN.01.001 Medication Order Requirements Policy
- PTN.01.012 Nutrition Orders by Dietitians
- PTN.01.017 Nutrition Order Requirements

Guidelines/Procedures/Forms
- Children’s and Women’s Hospital Diet Writing Guidelines
- C-0506-14-60394 Infant and Enteral Formulary
- CC.01.012 Nutrition Order Procedures: Ordering infant formula, tube feed (enteral) formula and oral diets
References
BC Children’s and Women’s Hospital Diet Writing Guidelines
Lower Mainland Nutrition Standards

Developed By
Professional Practice Leader, Nutrition

Version History

<table>
<thead>
<tr>
<th>DATE</th>
<th>DOCUMENT NUMBER and TITLE</th>
<th>ACTION TAKEN</th>
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