



# Nutrition Guidelines

1. *Decrease Alcohol Consumption*
2. *Eliminate Drug Use*
3. *Eat at least three balanced meals per day that are high in*

<i>Vitamins</i>	<i>Sources</i>
<i>Protein</i>	<i>Milk, egg, cheese, meat</i>
<i>Vitamin A</i>	<i>Egg yolks</i>
<i>Carbohydrates</i>	<i>Breads, pastas</i>
<i>Vitamin C</i>	<i>Citrus fruits, tomatoes</i>
<i>Vitamin K</i>	<i>Green vegetables</i>
<i>Iron</i>	<i>Egg yolk, oatmeal, potatoes</i>
<i>Vitamin B6(pyricoxine)</i>	<i>Rice</i>
<i>Zinc</i>	<i>Meat, eggs</i>
<i>Riboflavin</i>	<i>Milk, beef, leafy green vegetables</i>
<i>Copper</i>	<i>Vegetables</i>
<i>Thiamine</i>	<i>Pork</i>
<i>Essential fatty acids</i>	<i>Fruits and vegetables</i>

For more information you can go to [www.mypyramid.gov](http://www.mypyramid.gov)

## Signs and Symptoms of Malnutrition

1. *BMI inconsistent with height and weight of patient.*
2. *Use of drugs or other chemicals that interfere with nutrient intake and abnormal lifestyle patterns.*
3. *Patient will be listless and non-responsive.*
4. *Patient's skin and eyes will appear unhealthy.*
5. *Teeth and gums will be in poor condition.*
6. *Decreased weight and wrinkled skin due to rapid decrease in weight, pale complexion.*

# *Dressing Procedures*

- 1. Open packages maintaining sterility.*
- 2. Poor normal saline over the gauze.*
- 3. Put on clean gloves and remove and discard of old dressing.*
- 4. Remove clean gloves and put on sterile gloves.*
- 5. Fluff dressing and apply 1 at a time to the wound covering the whole wound.*
- 6. Put ABD(large pad) over the wet dressing.*
- 7. Tape down edges or wrap with Kurlix and remove gloves.*

*Change bandage as directed or if there is dried seepage, large quantity of seepage, the dressing is dirty, or if the bandage comes off.*

*Have patient demonstrate proper technique and understanding before discharge.*

# *Signs & Symptoms of Infection*

- 1. Yellow or black in color.*
- 2. Increased size.*
- 3. Foul odor.*
- 4. Purulent drainage, brown/yellow=slough, yellow/green=pus, blue/green= pseudomonas, or an increase in bloody drainage= dehiscence*

*Proper hygiene will help decrease the incidence of infection.*

*Wash hands prior to touching area and put on gloves to decrease contamination.*

*Don't scratch or rub area until fully healed.*

## *Signs of Healing*

- 1. Pink in color.*
- 2. Decrease in size.*
- 3. No odor.*
- 4. Gradually decreasing drainage.*

# *Medication Administration*

*(What to Look for if Not Taking)*

- 1. Infection development.*
- 2. Patient not refilling prescription.*
- 3. Not finishing medication.*
- 4. Expired medications lying around.*
- 5. Patient not taking as directed.*
- 6. Discarded medications.*
- 7. No signs of improvement from illness or injury.*