

Multivitamin and Mineral Ordering by Dietitians

Site Applicability

All VCH & PHC sites – Acute and Long-Term Care

Practice Level

Registered Dietitian (RD): Basic Skill

Requirements

Dietitians may independently order all formulary multiple vitamin and mineral preparations for oral and enteral administration at the usual daily dose without a physician's/nurse practitioner's (NP) order.

- See the [College of Dietitians of BC \(CDBC\) Position Statement on Dietitians' Authority to Order Nutritional Substances for Therapeutic Diets](#) that has been jointly recognized and supported by the BC College of Nurses and Midwives and the College of Pharmacists of BC.

Single entity vitamin, mineral and IV preparations must be ordered by a physician/NP.

Need to Know

Dietitians assess nutritional needs, design and implement nutritional care plans and therapeutic interventions. A dietitian can place a patient/client/resident specific order for a multivitamin and mineral supplement.

Pharmacy formulary should be consulted for current type or dosage of multivitamin and mineral supplements on the formulary available at the site.

Practice Guideline

1. Multivitamin and mineral supplements will be considered if any of the following criteria are met:
 - Patient/client/resident (herein after referred to as patient) is malnourished or at risk of nutritional deficiencies.
 - Expected length of stay is greater than 7 days.
 - Patient is unable to eat sufficient food/supplements to meet daily-recommended intake (DRI) and is unable to modify dietary intake to meet DRI.
 - Patient care guidelines for the program recommend a multivitamin and mineral supplement for the condition (e.g. refeeding syndrome, wound management, dialysis).
2. Dosage used will be the daily usual dosage. See site formulary.
3. If certain vitamin or mineral supplementation is problematic due to the patient's medical condition, multivitamin products should not be ordered without consulting with a Physician/NP. For example, with hemochromatosis or iron overload syndrome, iron containing multivitamin products should not be ordered without consulting with a Physician/NP.
4. Order will be placed electronically or written by the dietitian as follows:

Date/Time:

Dietitian's Order: "multivitamin and mineral"; "dosage"; "route"; "frequency";

Printed Name, Signature, RD, CDBC Registration Number or electronic equivalent in Cerner

5. Physician's/NP's orders cannot be changed or discontinued by a dietitian. If an alternate multivitamin and mineral supplement is indicated, the dietitian must discuss the suggested change with the physician/NP to discontinue the order and order the alternate multivitamin and mineral supplement.

Expected Patient/Client/Resident Outcomes

Patient's micronutrient needs will be met in a timely manner, leading to improved health outcomes such as improved nutrition status.

Patient/Client/Resident Education

Prior to writing orders, patients will be instructed regarding their need for multivitamin and mineral supplementation while in hospital and upon discharge regarding continued multivitamin and mineral supplements as needed.

Evaluation

Evaluation of dietitian practice will be done through regular chart audits.

Site Specific Practices

- [PHC Formulary](#)
- [Vancouver Acute Formulary](#)
- [Richmond Formulary](#)
- [Coastal Formulary](#)

Documentation

Dietitians will document in the patient record and orders will be written in the prescriber orders.

Related Documents

- [VCH/PHC Medication Order Requirements Policy](#)
- [Dietitian Ordering Guideline BD-07-40085](#)

References

<http://www.hc-sc.gc.ca/fn-an/nutrition/reference/index-eng.php> (January 16, 2023))

Koekkoek, WAC, van Zanten, ARH (2016). Antioxidant Vitamins and Trace Elements in Critical Illness. Nutrition in Clinical Practice. 30(4): 457-474.

Guidelines for the Provision and Assessment of Nutrition Support Therapy in the Adult Critically Ill patients: The American Society for Parenteral and Enteral Nutrition. (2022) JPEN 46(1): 12-41.

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