



Nutrition for Wound Prevention and Management (Adults)

Site Applicability

All VCH and PHC sites

Practice Level

Registered Dietitian (RD) – Basic Competency

Requirements

VCH and PHC RDs will follow the Decision Support Tool (DST) developed by the British Columbia Provincial Interprofessional Skin and Wound Committee's Registered Dietitians Sub-Committee (see guideline link below) when providing care for patients/clients/residents with wounds.

Need to Know

- The guideline reviews the key nutrition requirements common to all wounds.
- Nutrition is an important part of the care plan for prevention and treatment of all wounds.
- Poor nutrition and malnutrition can increase the risk of wound development, interrupt the healing process, reduce the tensile strength of a wound as it heals, contribute to wound chronicity and severity, and can increase the risk of infection.
- Early identification and diagnosis of malnutrition followed by nutritional intervention by an RD has the potential to reduce the prevalence of wounds, improve a person's quality of life, support wound healing and reduce health care costs and hospital admission/readmission rates.
- The guideline includes: Screening, Assessment, Nutrition Diagnosis, Nutrition Intervention, Nutrition Monitoring/Evaluation, Client Education

Guideline

The Provincial DST Guideline: Nutrition for Wound Prevention and Management provides detailed guidance on how to optimize nutrition for wound prevention and management. Link to provincial guideline: <https://www.clwk.ca/get-resource/nutrition-for-wound-prevention-management-guideline-for-dietitians/>

Documentation

As per [dietitian documentation guidelines](#).



First Released Date:	14-NOV-2023	
Posted Date:	14-NOV-2023	
Last Revised:	14-NOV-2023	
Last Reviewed:	14-NOV-2023	
Review Due by:	14-NOV-2026	
Approved By: <i>(committee or position)</i>	PHC	VCH
	PHC Professional Practice Standards Committee	VCH: (Regional DST Endorsement - 2 nd Reading) Health Authority & Area Specific Interprofessional Advisory Council Chairs (HA/AIAC) Operations Directors Professional Practice Directors Final Sign Off: Vice President, Professional Practice & Chief Clinical Information Officer, VCH
Owners: <i>(optional)</i>	PHC	VCH
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