Policy:
This sample procedure is to help enhance the healing of pressure ulcers by the use of nutritional intervention whenever possible. These are guidelines only and individual patient and resident needs must be taken into consideration before implementation.

Procedure:
- The nursing department reports all pressure ulcers and their stage to food and nutrition services.
- The available dietician is contacted and reviews each case to make an individualized nutrition care plan.
- Food and nutrition services may implement the following interventions, based upon the stage of resident’s pressure ulcers. Note that vitamin and mineral supplementation would require a physician’s order.
  - **Stage 1**: 4 Vitamin C-rich food, high protein afternoon snack and a daily MVI with minerals
  - **Stage 2**: Arginine-intensive nutritional supplement (8 oz. Arginaid Extra) twice a day and MVI with minerals daily
  - **Stage 3**: 8 oz. Arginine-intensive nutritional supplement (8 oz. Arginaid Extra) twice a day, high-protein snacks twice a day and MVI with minerals
  - **Stage 4**: 8 oz. Arginine-intensive nutritional supplement (8 oz. Arginaid Extra) twice a day, high-protein snacks three times a day and MVI with minerals

Other nutritional considerations:
- Think about other options to enhance nutritional status, such as:
  - Increase eggs, milk, meat and cheese for additional HBV protein
  - Add protein powder to foods
  - Add other foods high in Vitamin C if the resident or patient dislikes orange juice
  - Use Arginaid powder in place of Arginaid Extra if the patient is obese
- Continue nutritional interventions until wound has been healed for two weeks
- Avoid zinc supplementation for more than two months at a time
- Goal caloric intake is 30-35 kcal per kg or BMR x 1.5 stress factor x 1.2 (bed) or 1.3 (out of bed)
- Goal protein intake with no renal considerations is as follows:
  - **Stage 1**: 1.2-1.4 g. per kg.
  - **Stage 2**: 1.4-1.6 g. per kg.
  - **Stage 3**: 1.6-1.8 g. per kg.
  - **Stage 4**: 1.8-2 g. per kg.
- Goal of fluid is 30-35 ml. fluid per kg.
- If on chronic antibiotic use, give yogurt or lactobacillus supplements
- If patient/resident has a compromised gut (intestinal mucosal atrophy or malabsorption from malnutrition, 10-20 mg. of glutamine supplementation should be considered

Note: 8 oz. Arginaid Extra provides the following: 10 g. protein, 250 calories, 20 mg. zinc, 1,000 IU vitamin A, 250 mg. vitamin C; MVI with minerals usually contain the following amounts: 15 mg. zinc, 3,500 IU vitamin A, 60 mg. vitamin C, 18 mg. iron and 2 mg. copper