



Sample Care Plans regarding nutrition during the COVID pandemic

Sample Problems:

- At risk for decline in nutritional status related to COVID-19 restrictions
- Significant weight loss resulting from COVID-19 restrictions
- At risk for decline in nutritional status related to COVID-19 diagnosis
- Significant weight loss resulting from COVID-19 diagnosis

Sample Goals:

- Intakes will improve once COVID-19 restrictions are lifted
- Weight loss will be arrested once COVID-19 restrictions are lifted
- Minimize weight loss during COVID-19 disease process
- Weight will be maintained as able related to a COVID-19 diagnosis
- Food and fluids will not be a source of discomfort

Sample Interventions:

- Offer a high calorie snack at least twice per day
- Offer one fortified food at each meal
- Update food preferences
- Offer additional fluids throughout the day
- Provide supplements as ordered
- Liberalize diet as able and ordered