

Food Record Chart (FRC) Guidance

The FRC with the PECOS order WZC 029 0009 should be used for recording food intake.

The purpose of this is to provide clarity in the process of accurately completing FRCs:

- Inform your patient and relatives that food and fluid monitoring is being undertaken and the reasons why
- Your patient's name and CHI should be recorded on each FRC
- Record all food and fluids (including oral nutritional supplements) offered to your patient for 3 days
- Be specific about the type of food and fluid consumed
- Include snacks e.g. biscuits, fruit, sweets
- All food intake recording **must** be based on seeing food when it arrives with your patient and what is left when the plate/tray is removed (otherwise recording will not reflect actual food eaten).
- Specify the quantity of food eaten as Nil, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or all that has been offered (*needs to be consistent with measures on FRC*)
- If a meal is not eaten please state the reason why e.g. refused, Nil by mouth (NBM), off ward, unwell. Do **not** leave the entry blank