

Nutrition Interventions for Treatment of: *c-Difficile-induced Diarrhea*



Nutrition Alert

New onset of diarrhea with antibiotic use or diagnoses of c-difficile

NO →

Continue Plan of Care

YES ↓

Inform MD and Family of Diarrhea and/or c-Difficile Diagnosis Refer to Dietitian for Assessment

- Physical Assessment: Body fat/muscle wasting, declines in ADLs and/or handgrip strength, skin assessment, edema
- Diagnoses, anthropometrics, food, fluid and nutrient needs, adequacy of intake, laboratory values, medications
- Evaluate other symptoms including abdominal pain, frequency, consistency and color of stools, electrolyte and hydration status
- Determine potential reasons for diarrhea, including recent or current antibiotic use, other diarrhea-inducing medications, diagnoses of gastroparesis, constipation, impaction or gastroenteritis

Implement Interventions as Recommended and Appropriate and Revise Plan of Care

Nutrition Interventions

- Recommend c-diff culture if not already done
- Consider oral rehydration fluids to replace lost electrolytes and fluids (Pedialyte,, CeraLyte)
- Consider IV fluids if patient is unable to take adequate fluids or shows signs/symptoms of poor hydration
 - Change diet to clear liquids and advance as tolerated
- Stimulate GI tract with slow re-introduction of foods - low-fiber, low-fat, lactose-reduced
 - Avoid caffeine, foods and fluids high in simple sugars and lactose-containing foods temporarily
- Consider restoration of normal flora with use of *S. bouardii*, *Lactobacillus acidophilus* or *bifidobacteria bifidum*
- Consider **Thrive Ice Cream** containing 4 helpful probiotics, including BC-30 which has been shown to improve symptoms of c-Diff; 3 1/2 fl oz of fluid to restore lost volume, 9g protein to prevent malnutrition and 6g fiber sourced from all-natural chicory root
 - Use banana flakes or other pectin product to thicken consistency of stools
- Follow proper sanitation guidelines and hygiene to avoid spreading bacteria; isolation if needed
 - Monitor intakes and diarrhea for one week and follow up

Diarrhea resolved? In-take adequate?

YES →

- Advance diet to previous
- Maintain dietary restriction for one week
- Follow up in one week

NO ↗

- Contact physician to discuss further treatment and options

NO ↓

- Continue Plan of Care
- Add high-calorie, lactose-reduced supplements containing probiotics such as Thrive Ice Cream
- Continue to monitor frequency of diarrhea
- Follow up in one week

Diarrhea resolved? In-take adequate?

YES →

- Eliminate restrictions and return to previous diet
- Add high-calorie supplements such as Thrive Ice Cream to replete nutritional stores

