

CLINICAL PATHWAY: Ketogenic Diet Appendix A: Pre-admission Checklist

THIS PATHWAY
SERVES AS A GUIDE
AND DOES NOT
REPLACE CLINICAL
JUDGMENT.

One month prior to admission:

MD/AP Responsibilities – Required Work-Up:

- EEG if >1 year since last study.
- EKG to be completed prior to admission.
- Serum amino acids, urine organic acids, ketoprofile, carnitine profile.
- Height, weight and head circumference (if ≤3 years old).

Dietitian and Keto RN Responsibilities:

- Keto screen profile completed by Ketogenic Neurology team in Epic.

Registration Responsibilities:

- Neurology RN to follow CCMC's admission guidelines.
- Schedule date/time for admission to initiate ketogenic diet.

One week prior to admission:

MD/AP Responsibilities:

- Review current anti-convulsant medications.
- Parent(s) verbalize understanding of change to low carbohydrate anti-convulsant regimen for child.
- Convert all medications to low carbohydrate forms.
- Provide weaning schedule for barbiturates and benzodiazepines, if necessary.
- Parent(s) verbalize understanding of potential need to decrease sedating medications, if necessary.

Dietitian and Keto RN Responsibilities:

- Inform inpatient staff of new ketogenic admission and provide all diet information and menus.
- Parent(s) instructed on low carbohydrate beverages.
- Discuss family support for inpatient stay.
- Parents agree to inpatient ketogenic diet teaching.

One day prior to admission:

Dietitian and Keto RN Responsibilities:

- Dietitian/Keto RN to update Epic problem list to include Ketogenic Diet.
- Parent(s) restrict all solid foods after evening meal.
- Parent(s) limit fluids to ketogenic friendly, zero calorie, decaf soda, water, or non-herbal decaf tea after evening meal.
- If patient is tube fed: parent(s) to follow instructions by Dietitian when to stop feeds and give water.
- Parent(s) give first dose of admission day anti-convulsants in unsweetened applesauce at home, sips of water or via G tube.
- Parent(s) bring Ketogenic scale, appropriate beverages and Ketostix for first day of admission.
- Parents verbalize understanding that child must be afebrile and generally healthy prior to admission.

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LAST UPDATED: 07.25.19