

## Chapter 27: Nutrition and Fluids

Measuring Intake and Output			
		Name:	
		Date:	
<i>Remember to promote:</i>			
<b>Dignity • Independence • Individualized Care • Preferences • Privacy • Safety</b>			
Pre-Procedure	S	U	Comments
1. Identify the client, according to employer policy.			
2. Explain the procedure to the client.			
3. Perform hand hygiene.			
4. Collect the following supplies:			
<input type="checkbox"/> Intake and output (I&O) record			
<input type="checkbox"/> Graduate			
<input type="checkbox"/> Gloves			
5. Provide for privacy.			
Procedure	S	U	Comments
6. Put on gloves.			
7. Measure intake as follows:			
a. Pour remaining liquid in the serving container into the graduate.			
b. Measure the amount at eye level. Keep the graduate level.			
c. Check the consumed amount, as recorded on the I&O record.			
d. Subtract the amount consumed from the full serving amount, and record the amount of intake.			
e. Repeat steps <i>a</i> through <i>d</i> above for each liquid.			
f. Total the intake amounts of all liquids.			
g. Record the time and amount on the I&O record.			
8. Measure output as follows:			
a. Pour fluid into the graduate used to measure output.			
b. Measure the amount at eye level, keeping the graduate level.			

9. Dispose of fluid in the toilet, taking care to avoid splashes.			
10. Clean and rinse the graduate. Dispose of rinse into the toilet. Return the graduate to its proper place.			
11. Clean and rinse the bedpan, urinal, kidney basin, or other drainage container. Discard the rinse into the toilet. Return the item to its proper place.			
12. Remove gloves. Perform hand hygiene.			
13. Record the amount on the I&O record.			
14. Remove privacy measures.			
<b>Post-Procedure</b>	<b>S</b>	<b>U</b>	<b>Comments</b>
<b>Report and Record</b> your actions and observations, according to employer policy.			