



Service Priorities and Programmes Electronic Presentations

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Correct Intake and Output Charting

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Introduction

Intake and output record (I&O) is a basic essential patient care procedure in the clinical setting. Accurate I&O charting is particularly important to those patients whose fluid balance and nutritional status need to be strictly monitored.

Apart from receiving chemotherapy, there are various reasons for keeping an accurate I&O record, including poor oral intake, monitoring on renal functions, drug effects, fluid and electrolyte.

In the clinical area of oncology unit, the charting of I&O record is mainly conducted by supporting staffs. A pre-program snapshot survey reviewed defects in I&O charting as follow:

Intake: No clear description about the nature of food brought by relatives, the use of non-standardized short form and fluid item but not express in ml.

Output: No description about the degree of wet bed (WB) or no actual volume (in ml) when using handheld urinals or passing urine in toilet, no description of the amount, color and the nature of stool and vomit, actual PU time and no description if there is no bowel output (NBO)

With the aim in attaining accurate I&O charting, staff training with an educational talk was conducted to all supporting staffs. Genuine eating utensils and photos for proper estimation of the volume of solid and fluid items were adopted for reference. Besides, accurate documentation was also the main focus in eliminating charting errors.

Objectives

- 1.To enhance staff knowledge on updated information about eating utensils
- 2.To review the current defects concerning I&O charting in ward
- 3.To standardize I&O charting with accurate documentation

Methodology

- 1.To collect the most updated dietitian guideline on intake documentation
- 2.To conduct snapshot survey of I&O records in wards
- 3.To analyses defects of I&O records
- 4.To prepare genuine eating utensils and photos for proper estimation of the volume

of solid and fluid items as references

5.To conduct briefing sessions to supporting staffs on intake and output charting

6.To evaluate supporting staffs' understanding by providing quiz after the briefing sessions

Result

The quiz composed of 10 questions and full mark is 10. Total 17 supporting staffs participated in this program. They attain satisfactory result (Mean: 7.88). Generally they did well in describing the nature of food and correct description on output. However, some of them were not familiar with the volume of fluid diet in the intake portion, for example, the volume of sweet soup. Also, some were not acquainted with the nature of stool.

Moreover, supporting staffs gave us some suggestions. They suggested a Chinese-English interconvert chart for fluid and solid items and nature of stool. They also suggest for a reference list for the short form, for instance, short form of amount, color and the nature of stool.

After the talk, all supporting staff started to practice using the updated way for I&O charting. In the future, we will audit on I&O charting periodically.