

Nutrition Planning Worksheet

A BurnAid worksheet for burn-specific calorie, protein, fat, diet planning, anthropometric assessment, and nutrition review.

This document is provided as a BurnAid clinical support, educational, documentation, and reference resource. It is not a treatment protocol and does not replace clinical judgment, specialist advice, emergency medical care, institutional protocols, or local guidelines. All information, calculations, and documentation should be reviewed and verified by qualified healthcare professionals before clinical use.

Patient and Nutrition Assessment Details

Patient ID / MRD	_____	Date of assessment	_____
Age	_____	Sex	_____
Height	_____	Weight	_____
TBSA (%)	_____	Clinical setting	Ward / ICU / Burn unit
Dietitian review requested	Yes / No	Route of feeding	Oral / Enteral / Parenteral / Mixed

Anthropometry and Body Composition Review

Parameter	Value	Interpretation / comments
BMI		
BSA		
BMR		
Weight-for-age / height-for-age if pediatric		
BMI-for-age / weight-for-height if pediatric		
MUAC		
Skinfold thickness		
Waist circumference / waist-to-height ratio		
Body fat %, lean body mass, total body water if used		

Calorie, Protein, Fat, and Diet Planning

Estimated calorie target	_____	Formula/reference used	_____
Protein target	_____	Fat target	_____
Fluid allowance / restriction	_____	Micronutrient plan reviewed	Yes / No

Diet Planner

Use this section to translate calculated requirements into a practical nutrition plan. Final diet plans should be reviewed by a qualified nutritionist, dietitian, or responsible clinical team.

Feeding route / meal	Planned intake	Calories	Protein	Notes / tolerance
Breakfast / oral feed				
Lunch / oral feed				
Dinner / oral feed				
Snacks / supplements				
Enteral feed schedule				
Parenteral nutrition if applicable				
Total planned intake				

Nutrition Risk and Review Checklist

- NUTRIC score or nutrition risk assessment reviewed where clinically applicable.
- Higher metabolic demand due to burn injury considered.
- Protein target reviewed for wound healing and clinical phase of burn care.
- Oral intake adequacy assessed before escalation to enteral or parenteral support.
- Vitamin and trace element needs reviewed, including zinc, selenium, copper, and relevant vitamins where appropriate.
- Electrolytes, glucose control, renal function, liver function, and refeeding risk considered if clinically relevant.
- Diet plan reviewed by dietitian/nutritionist or responsible clinician before implementation.
- BurnAid-generated calculations checked for data entry and formula-selection errors.

Follow-Up and Monitoring Notes

Monitoring item	Plan / notes
Daily intake target	
Weight trend / fluid balance	
Wound healing / grafting needs	
Laboratory monitoring	
Next nutrition review	