

QUESTION: Does your hospital automatically order a LOW SALT diet for stroke patients that can eat?

ANSWERS:

- No
- No, diet based on pt. condition.
- Patients on regular consistencies will be ordered a cardiac diet which include low salt. Patients on mechanically altered diets and thickened liquids are evaluated by our dietician. If too many restrictions are preventing them from eating we hold back on the fat and sodium restrictions.
- Our institution mandates a nutrition screening be done on
- all stroke/TIA patients. If the patient can eat, we usually start with
- low NA, Chol, fat.

- We leave the decision regarding diet restrictions to the provider.

- no automatic low salt - Heart Healthy is a check box option
- We do not routinely put patients on low salt diets but cardiac diets, based on what our Speech Therapy dept recommends and orders.
- Yes
- No. We order cardiac diet mainly This is 4 gm. Salt- the cardiologists feel patients are most likely to adhere to this than anything more restrictive.
- If patients have kidney disease etc. the physician will order a more specific diet.