Screening: risk for nutritional risk and for risk of RFS

Assessment of hydration status and electrolyte check (K, Mg, PO₄, Na, Ca)

Risk stratification for RFS according to the risk factors

- No risk for RFS
- Low risk for RFS
- High risk for RFS
- Very high risk for RFS

Correction of existing hydration deficits and replacement of previous or ongoing abnormal fluid losses

Preventive measures: electrolyte substitution, thiamine supplementation (at least 30 min. before refeeding)

- Day 1-3: 200-300 mg thiamine
- Day 1-3: 200-300 mg thiamine
- Day 1-5: 200-300 mg thiamine

- Day 1-10: Multivitamin
- Day 1-10: Multivitamin
- Day 1-10: Multivitamin

Nutritional support:
- Day 1-3: 15-25 kcal/kg/d
- Day 4: 30 kcal/kg/d
- From day 5: full requirements
- Day 1-3: 10-15 kcal/kg/d
- Day 4-5: 15-25 kcal/kg/d
- Day 6: 25-30 kcal/kg/d
- From day 7: full requirements
- Day 1-3: 5-10 kcal/kg/d
- Day 4-6: 10-20 kcal/kg/d
- Day 7-9: 20-30 kcal/kg/d
- From day 10: full requirements

Fluid management:
- 30-35 ml/kg/d
- Day 1-3: 25-30 ml/kg/d
- From day 4: 30-35 ml/kg/d
- Day 1-3: 20-25 ml/kg/d
- Day 4-6: 25-30 ml/kg/d
- From day 7: 30-35 ml/kg/d

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