

Meal Observation:
Meals Out of Rooms (MOORS), Caregiver Monitoring and
Meal Expectations Overview

Your child is hospitalized because they are malnourished and require nutrition to get healthy. We require all patients who are admitted for malnutrition to have close observation both during and after all meals and snacks. This ensures that your child is meeting their full nutritional needs.

Monitoring during meals and snacks can happen in two ways:

1. Our Meals Out of Rooms (MOORS) Program provides supervision by trained Behavioral Health Clinicians in a group setting to make sure that all patients follow meal guidelines. In MOORS, patients will eat all meals and snacks in our meal room and will stay for observation after meals. Meals will be eaten with other patients who are admitted for malnutrition. **All patients who are able to go to MOORS are expected to participate unless otherwise indicated by your healthcare team.**
2. Caregivers who are able to stay for all meals and snacks as well as the designated rest period following eating periods can act as the observer in patient rooms. Your treatment team will talk to you about the expectations of behavior during eating times to make sure that you understand and feel comfortable acting as the observer. We ask that if caregivers are observing meals and snacks, that a caregiver be present at all meals and snacks to support their child through eating. **Your treatment team must approve that caregivers can monitor meals. This ensures that families feel appropriately prepared to monitor meals.**

Because your child is ill enough to be in the hospital, we provide the structure and support to make sure they are taking the steps towards getting healthy. All guidelines and structures are part of the Nutritional Rehabilitation Pathway (NRP) and are an important part of your child's treatment.

Meal Expectations:

- Use of electronic devices are not permitted during meal and snack periods. This includes cell phones, tablets, computers, tv and other personal electronic devices such as AirPods, smart watches, headphones, or other electronic items determined by the care team.
- Quiet activities and coping skills are recommended after meals and snacks. Patients are permitted to bring books, coloring, supportive reminder cards, and other appropriate activities.
- We require patients to remain seated in a chair during meals and snacks. Eating in bed is not permitted.
- Baggy clothes are not to be worn during meals or snacks. This means no hoodie sweatshirts or long sleeves.
- Time frames are provided for all meals and snacks. Patients are given 30 minutes to complete meals and 15 minutes to complete snacks. Any food left uneaten at the end of this time will be replaced with nutritional supplement to support 100% completion of nutritional needs.
- Patients have 15 minutes to complete nutritional supplementation after meals. Any remaining supplement not completed in this time frame will be given via nasogastric (NG) tube feeding.