## REFLUX PRECAUTIONS SAMPLE PROTOCOL

Reflux Precautions are specific orders prescribed for an individual who has been identified to be at significant risk of aspiration due to gastroesophageal reflux. These orders should include:

1. Positioning the individual in an upright position to 90 degrees while eating, drinking or taking oral medications.
2. Positioning the individual so that he or she maintains an upright position for one hour after eating.
3. Avoiding having an individual lie in a flat position. Any procedure for which the individual may be required to lie flat should be for as brief a time as possible and, when practical, should be scheduled during a period of least risk for reflux (i.e., on an empty stomach). During these times, staff observation of the individual shall be increased.
4. An incline block or wedge shall be used to keep the head of the individual’s bed elevated, if the individual does not sleep in a hospital bed.
5. An individual shall receive a reflux modified diet that reduces or restricts any of the following: (a) acidic foods; (b) fatty foods; and (c) caffeine.

Staff shall receive training and direction from a licensed clinician to report immediately to nursing staff all changes to the individual’s baseline especially: (a) increased coughing; (b) increased secretions or changes to secretions (color, texture); (c) change in respiratory status; and (d) fever.