

Nutrition Care Protocol for Early Feeding Enrichment of Inpatients at Malnutrition Risk in Internal Medicine Departments

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Description of the initiative

Background / context

•Malnutrition is common among patients admitted to the internal medicine wards. Low food intake on admission and further hospitalization causes worsening of nutritional status. Performing screening for malnutrition and early intervention to prevent nutritional deterioration are the mainstay of treatment.

•In this project, we aim to check the feasibility and efficacy of a defined nutritional treatment protocol with oral nutritional supplements, carried out by the nursing staff, for patients at risk for malnutrition.

Rationale for the initiative

•Real life experience presents a problem with regarding to the lag of time elapsing from admission to provision of nutritional treatment. To utilize the expertise and awareness of the nursing staff that preforms the nutritional screening and thus be ready for immediate action at providing the earliest nutritional care. Treatment by protocol will take place until a thorough evaluation is performed by dieticians.

Objectives and scope

•To examining an early nutritional protocol for patients at risk for malnutrition admitted to an internal medicine wards. The protocol would be suggested to become as a national policy.

Planned activities & deliverables

Outline the steps to be taken

•Formulation of a multi-professional protocol for the early treatment of inpatients at risk (Figure 1). The protocol involve all professions to act (doctors, nurses, dietitians)

•Guided intervention in a ward, implementing the protocol

•Examine patient and ward level outcomes

•Examine costs

What are the concrete deliverables of the project?

•Improved treatment timing

•Reducing incidence of complications associated with poor nutritional status.

•Improve interdisciplinary work in nutritional aspects

What achievements are possible in the next 12 and 24 months?

•At this time point – we have a defined feeding protocol, study methodology, cooperation from all disciplines and management support and we plan to initiate the study in the upcoming 3

months. We believe that within the scope of a year we can analyse the data and, if the suggested protocol will result in outcome improvement, try to apply the protocol in other hospitals.

Resources & enablers

Describe personnel, financial needs

•Nurses, dieticians, doctors, study coordinator, statistician would be involved in this project.

Specify how the grant will be spent

•The logistics to deploy this team, to coordinate and to manage the project with additional costs of data collection and data analysis would be 25,000 euros for two years. In addition 5,000 euros would cover administrative and publication support, hence overall financial support requested is 30,000 euros.

What factors will make it successful?

•Involvement of representative authorities from Rambam Health Care Campus administration (a tertiary academic centre), the Israeli National Society of clinical nutrition, systematic compendium would ensure the success.

Results/outcomes & expected impact

•**How will the findings be implemented?** The finding will be advised as the national clinical nutrition protocol as a tool for improvement of nutritional intervention and as national quality indices

•**How will this project advance patient care / contribute to optimal nutritional care?** Improvement of patient outcomes by early nutritional intervention regardless of factors that delay treatment.

•**What makes the project innovative?** Evidence based structured schema involved all disciplines into the craft – from the nursing, medical and dietician worlds.

•**Will the project be likely to influence national nutrition policy?** Yes, this is the main purpose to advise health authority to accept this protocol as national nutrition policy.

•**Is the project transferable to other settings / countries?** The concept is surely applicable to all countries with the adjusting of the medical foods locally available.

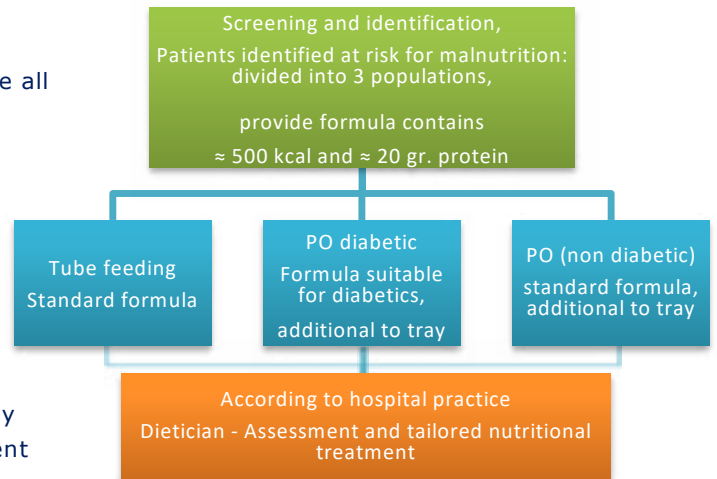


Figure 1
Nutrition Care Protocol for Early Feeding