

# AN ACADEMIC AND PRACTICE MODEL FOR NUTRITION CARE PROCESS

Project team - Sri Lanka Medical Nutrition Association

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## Description of the initiative

### Background / context

Despite the prevalence of nutritional disorders in clinical medicine and increasing scientific evidence on the significance of dietary modification to disease prevention, present day medical practitioners are typically untrained in the relationship of diet to health and disease. In the absence of reliable medical advice on nutrition, patients increasingly turn to herbal dietary supplements, costly diet schemes for weight reduction, and other unproved and potentially harmful remedies. In response to that, clinical nutrition services were established in Sri Lanka since 2014. This was a novel field in clinical practice that involves the unique contribution of clinical nutrition practitioners to health care outcomes and focus to establish a global standard for provision of nutrition care by a multi-disciplinary team lead by a Nutrition Physician.

### Rationale for the initiative

Being a country with free health care services over the years, services have been improving in par with the global health care standards. Clinical nutrition was an aspect initiated recently and gradually progressing. Proper establishment of a full care delivery mechanism is needed to optimize the nutrition care services and for the sustainability. It is important to document the value of clinical nutrition services' contribution to health care outcomes to further justify the expansion of medical nutrition therapy (i.e., What specific activities were consistently accomplished only by clinical nutrition practitioner? What changes in health care outcomes could be reasonably attributed to those activities?). Our goal is to produce dedicated nutrition support teams with skills, attitudes and knowledge throughout the country and to have a proper monitoring system to upgrade the services.

### Objectives and scope

- To compare key concepts of Sri Lankan model with global care process
- To describe the uses and benefits of nutrition care process in Sri Lanka
- To develop education curriculum for supportive staff (nursing officers, dietetic staff etc.)
- To establish home nutrition care delivery services.
- To build up a network to monitor the system island wide.
- To provide information that will be helpful for developing future models/strategies to achieve best practices in nutrition care.

## Planned activities & deliverables

**Outline the steps to be taken:** A multi strategy programme which involves situation analysis, identifying the gap

### Planning, implementation and monitoring.

- To compare key concepts of Sri Lankan model with global care process to describe the uses and benefits.
- To develop education curriculum for supportive staff (nursing officers, dietetic staff etc.)
- Establish home nutrition care delivery services to expand nutrition practitioner's nutrition care in inpatient, outpatient, long-term care, and community settings.
- To build up a network to monitor the system island wide via an electronic nutrition care process record system for monitoring and evaluation to advocate public policy stances

### What are the concrete deliverables of the project?

- Production of the educational packages.
- Provide a model to compare with global scenario as a policy document for the policy makers to expand the services.
- Database to get information for monitoring and evaluation.

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

- 0 - 6 months- Situation analysis to- Identify deficiencies and gaps in knowledge among Medical Nursing staff and Kitchen staff
- 6 -12 months - Development of Nutrition Knowledge and Skill Development Packages for Nursing staff and Hospital kitchen staff, dietetic programs.
- 12 - 15 months - Piloting of the multi strategy package in the largest hospital National Hospital of Sri Lanka in Colombo and commence home nutrition care delivery within Colombo district
- 16 - 21 months - Implementation of this Multi Strategy Package throughout the country and continuous monitoring of the progress
- 21 - 24 months - Evaluation of the process

## Resources & enablers

### Describe personnel, financial needs Describe personnel, financial needs

• Production of educational package	10000 (Euro)	Development of data base	10000 (Euro)
• Development of nutrition care process model	5000 (Euro)	Meetings with stakeholders	2000 (Euro)
• Communication	3000 (Euro)	<b>Total</b>	<b>30,000 (Euro)</b>

### Specify how the grant will be spent

- Production of educational package -Hiring of a Consultant, Consultative meetings, Pre-testing, Conduct 10 training sessions
- Development of data base -Hiring Computer expert, Consultative meetings, Testing and linked to the health service network, Development of dash-board with 10 indicators for monitoring
- Development of nutrition care process model-Hiring of a Consultant, Situation analysis, Stake holder meetings national and international, Development of the model with comparison, Develop a policy paper

### What factors will make it successful?

- Currently established team of Medical officers of nutrition with post graduate training in clinical nutrition with strong leadership to commence and carryout the initiative
- Existing established Medical Nutrition Units throughout the country will facilitate for this initiative
- The importance of nutrition in managing hospitalized patients have been identified as a priority by other medical sub specialities, administrative staff and other stake holders. knowledge seeking behaviour of health care professionals and related staff will facilitate the process

## Results/outcomes & expected impact

### How will the findings be implemented?

Findings of surveys and other research data along with situation analysis will be used as a base to develop educational strategies and skill developments of nutrition care team. This initiative can be implemented island wide through TOT and creating a single package. Home nutrition care delivery system will be implemented in Sri Lanka.

### How will this project advance patient care / contribute to optimal nutritional care?

Within hospital setup by improving the skills and knowledge of full nutrition care team and further extending the care at home setup to optimize the nutrition care

### What makes the project innovative?

Multi strategic evidence based approach to uplift the nutritional needs of the hospitalized patients with professional nutrition assistance of Specialized Medical Nutrition Consultants.

### Will the project be likely to influence national nutrition policy?

National nutrition policy is based on nutritional requirement of the population hence this will be used to upgrade the policy.

### Is the project transferable to other settings / countries?

This approach may also be applicable to all south Asian countries and eventually globally