

Pathway to Provide Optimal Nutrition Care in Sri Lankan Intensive Care Units (ICUs)

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Description of the initiative

• Background

The nutrition care management in the current ICU setup in Sri Lanka is not delivered in a timely and optimal manner leading to ICU related malnutrition and also leading to an increase in complications.

• Rationale for the initiative

This project is focused on reducing the time gap between ICU admission and initiation of optimal nutrition care management. This will drastically reduce the incidence of ICU related malnutrition and will reduce co-morbidities as well as the ICU stay. A proper follow-up mechanism will ensure a reduction in ICU readmission rates by a reduction of treatable complications.

• Objectives

- To identify the current situation of nutrition care delivery in Sri Lankan ICUs.
- To develop a country-specific nutrition care delivery plan for the ICU setup in Sri Lanka.
- To implement optimal nutrition care management in the ICU setup in Sri Lanka.
- To reduce ICU stay, ICU acquired malnutrition and to reduce malnutrition-related complications.
- To reduce readmission to ICU with nutrition-related complications.

• Planned activities and deliverables

- A cross-sectional observational study will be performed during the next 12 months in selected ICUs in Sri Lankan hospitals.
- Development of a mechanism to bridge the gaps in nutrition care delivery in ICUs in Sri Lanka.
- Development of a national protocol for nutrition care delivery in ICUs in Sri Lanka.
- Development of a surveillance system to monitor implementation of the protocol.
- Establishment of a medical nutrition follow-up structure for patients once discharged from the ICU.
- Development of an evaluation system and award ceremony for best ICU with nutrition care delivery in Sri Lanka.

• Resources

- Island wide network of medical officers in nutrition across the country with access to ICUs.
- Dedicated and motivated ICU staff ranging from consultants to healthcare assistants.
- Funding to achieve the planned activities for 2 years (30,000 Euros).

Results

- Developing and establishing a national protocol for optimal nutrition care management in the ICU setup.
- Significant decrease in ICU stay and ICU acquired malnutrition levels resulting in the reduction of ICU related complications.
- The long-term economic benefit achieved through the implementation of the program can be re-utilised within the system to improve ICUs.
- Publication of findings of the study in a reputed journal.
- The project can be duplicated in other countries needing optimised nutritional care delivery in the ICU setting.