

Malnutrition

Facts: 45% patients admitted to Canadian Hospitals are malnourished
Malnutrition increases hospital stay

Find

- Screen patients for nutrition risk
- Diagnose and document malnutrition
- Identify patients who consume <50% of their meal tray

Feed

- Liberalize diet orders
- Position patient to eat and open food packages
- Implement Med Pass Nutrition Supplement program
- Provide protected mealtimes

Follow

- Monitor food intake
- Refer patient to dietitian if patient consumes <50% of their meal tray in past 3 days
- Monitor weights weekly



Malnutrition – Role of the Physician

Facts: 45% patients admitted to Canadian Hospitals are malnourished
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Find

- Include nutrition assessment (SGA) in physical exam
- Diagnose and document malnutrition

Feed

- Order liberalized diets
- Say No to NPO
- Order Med Pass Nutrition Supplement program
- Support protected mealtimes

Follow

- Monitor food intake and weights
- Refer patient to dietitian if patient consumes <50% of their meal tray in past 3 days and/or significant weight loss occurs



Malnutrition – Role of the Dietitian

Facts: 45% patients admitted to Canadian Hospitals are malnourished
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Find

- Include SGA in nutrition assessment
- Diagnose and document malnutrition

Feed

- Develop nutrition care plan
- Order liberalized diets; nutrient dense foods
- Order Med Pass Nutrition Supplement program
- Participate in protected mealtimes

Follow

- Monitor food intake and adjust nutrition care plan
- Monitor weights weekly
- Make referral to community dietitian
- Make referral to Speech Language Pathologists if applicable



Malnutrition – Role of the Nurse

Facts: 45% patients admitted to Canadian Hospitals are malnourished
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Find

- Screen patients for nutrition risk
- Identify patients who consume <50% of their meal tray

Feed

- Liberalize diet orders
- Position patient to eat and open food packages, clear bedside table
- Provide assistance to eat
- Implement Med Pass Nutrition Supplement program
- Support protected mealtimes
- “Normalize” meal environment

Follow

- Monitor food intake
- Refer patient to dietitian if patient consumes <50% of their meal tray in past 3 days
- Monitor weights weekly



Malnutrition – Role of Health Care Aides

Facts: 45% patients admitted to Canadian Hospitals are malnourished
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Find

- Identify patients who consume <50% of their meal tray

Feed

- Position patient to eat
- Clear bedside table
- Deliver meal tray promptly
- Open food packages
- Provide assistance and encouragement to eat
- Support protected mealtimes
- “Normalize” meal environment
- Offer and deliver snacks between meals

Follow

- Monitor food intake
- Notify nurse when patient consumes <50% of their meal tray in past 3 days
- Weigh patients weekly
- Communicate food preferences



Malnutrition – Role of the Pharmacist

Facts: 45% patients admitted to Canadian Hospitals are malnourished
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Find

- Screen patients for drug-nutrient interactions

Feed

- Optimize medications when intake is poor (to reduce nausea, vomiting, diarrhea, constipation)
- Support Med Pass Nutrition Supplement program
- Support protected mealtimes
- Provide TPN if needed

Follow

- Monitor medications with enteral and parenteral nutrition
- Monitor medications with Med Pass Nutrition Supplement program
- Collaborate with nutrition support team.



Malnutrition – Role of the Occupational Therapist

Facts: 45% patients admitted to Canadian Hospitals are malnourished
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Find

- Identify patients with physical and/or cognitive impairments compromising ability to prepare food, open food packages and/or feed self
- Identify limitations and potential solutions

Feed

- Position patient and or educate/practice with patient and or staff / caregivers:
 - proper positioning for eating,
 - use of adapted utensils,
 - how to open food packages,
 - environmental set up,
 - walker safety in kitchen, etc.

Follow

- Check patient positioning and need/use of adaptive utensils at meal times and coach staff as needed
- Establish discharge plan to address acquiring groceries, meal preparation, adapted equipment, positioning, environmental set up and support persons as needed



Malnutrition – Role of the Physiotherapist

Facts: 45% patients admitted to Canadian Hospitals are malnourished
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Find

- Identify patients with poor muscle mass probably related to malnutrition
- Consult Registered Dietitian if malnutrition contributes to mobility

Feed

- Encourage patients to get out of bed to eat meals
- Position patient to eat and open food packages
- Support protected mealtimes

Follow

- Monitor mobility and muscle strength



Malnutrition – Role of the Social Worker

Facts: 45% patients admitted to Canadian Hospitals are malnourished
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Find

- Identify patients at nutrition risk (food security; grocery shopping done by others; supports required for cooking)

Feed

- Establish community supports if needed
- Support protected mealtimes

Follow

- Establish discharge plan to address nutrition needs



Malnutrition – Role of the Speech Language Pathologist

Facts: 45% patients admitted to Canadian Hospitals are malnourished
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Find

Patients with difficulty swallowing:

- Assess swallow function
- Align diet consistency with swallow function

Feed

- Recommend least restrictive diet consistency, which maintains swallow safety and adequate oral intake
- Provide recommendations for feeding techniques and positioning
- Support protected mealtimes

Follow

- Monitor for tolerance of diet consistency and liberalize diet to the level that patient can safely and effectively tolerate
- Refer patient to dietitian if patient consumes <50% of their meal tray in past 3 days



Malnutrition – Role of Food Services

Facts: 45% patients admitted to Canadian Hospitals are malnourished
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Find

- Procure/develop nutrient dense food options
- Procure nutritionally adequate food via contracts and specifications

Feed

- Provide meals and
 - snacks
- Ensure food is available when needed
- Obtain food preferences
- Provide fortified and nutrient dense foods
- Provide supplements for Med Pass Nutrition Supplement program
- Participate in protected mealtimes

Follow

- Update food preferences
- Monitor patient food satisfaction
- Monitor amount of food packaging
- Monitor/audit food waste



Malnutrition – Role of Diet Aides

Facts: 45% patients admitted to Canadian Hospitals are malnourished
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Find

- Flag a tray ticket missing a food group or main item (i.e. entrée)
- Screen patients for nutrition risk

Feed

- Ensure items needed for patient trays are available at tray line
- Ensure meal carts are delivered on time
- Ensure appropriate food temperature (hot food-hot / cold food-cold)
- Ensure presentation of food is appetizing

Follow

- Update food preferences (Diet clerks)
- Provide feedback on food returns



Malnutrition – Role of the Patient

Facts: 45% patients coming to the hospital have poor nutrition.
Poor nutrition will add days to your hospital stay.

Find

- Talk to your nurse and doctor if you have lost weight and are eating less than normal
- Tell your nurse if you are on a special diet

Feed

- Ask for help with setting up your meal tray and opening your food packages
- Aim to eat at least 50% of your meal tray
- Ask your health care person to come back later so you can finish eating

Follow

- Tell your nurse what foods you like or dislike.
- Ask to see a dietitian if you eat <50% of your meal tray in the past 3 days



Malnutrition – Role of the Family

Facts: 45% patients coming to the hospital have poor nutrition. Poor nutrition will add days to your family member's hospital stay.

Find

- Talk to the nurse or doctor if your family member has lost weight and has been eating less than normal

Feed

- Assist your family member with setting up their meal tray and opening food packages when you are available
- Encourage them to eat at least 50% of their meal tray (especially the high calorie foods)
- Bring in their favourite foods at meal time if possible

Follow

- Tell the nurse what foods they like or dislike
- Ask to see a dietitian if they eat <50% of your meal tray in the past 3 days

