



# A Best Practice Implementation Project of Nutrition Care in Hip Fracture Patients



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## Introduction

Malnutrition is a serious yet avoidable emergency in Canadian hospitals<sup>1</sup>.

- A study by the Canadian Malnutrition Taskforce has shown that 45% of individuals are malnourished on admission to hospital<sup>1</sup>
- Studies show that 33% of hip fracture patients are malnourished prior to injury<sup>2</sup>, and this number can increase up to 50% once they are admitted to hospital<sup>3</sup>
- Malnutrition is associated with; delayed wound healing, muscle weakness and falls, prolonged length of hospital stay, and in turn, increased healthcare costs<sup>4</sup>

Nutrition screening has been identified as an initial strategy to treat malnutrition and promote early nutrition intervention<sup>5</sup>.

## Objectives

Within the six months of the Fellowship program I set out to:

- Increase awareness of malnutrition in Canadian hospitals in all nursing staff on the orthopaedic unit at the Toronto Western Hospital, UHN
- Implement a nutrition screening process for 100% of hip fracture patients admitted to the orthopaedic unit at the Toronto Western Hospital, UHN
- Improve nutrition care for patients with malnutrition or at risk of malnutrition

### Short-term Outcomes

- Knowledge increase
- Teamwork

### Intermediate Outcomes

- Increase number of nutrition screening/nutrition intervention
- Increase number of registered dietitian referrals

### Long-term Outcomes

- Minimize nutrition related complications
- Improve patient care

## Implementation

- Education was provided to staff on causes and prevalence of malnutrition in an acute care environment
- 7 education sessions took place over a two month period
- 64 staff and students attended the sessions; professions are broken down in table 1
- Content covered included:
  - ✓ Prevalence of malnutrition in Canadian hospitals
  - ✓ Causes of malnutrition
  - ✓ Consequences of malnutrition
  - ✓ Strategies to help address malnutrition in an acute care setting
- The Canadian Nutrition Screening Tool (CNST) was introduced to all nursing staff by February 29<sup>th</sup>, 2016 using one-on-one impromptu huddles
- Staff were instructed to use the CNST to screen for malnutrition in all hip fracture patients admitted to the unit
- Patients who screened 'at risk' for malnutrition indicate need for a registered dietitian referral
- Chart audits were conducted to monitor:
  - ✓ If screening was complete
  - ✓ When screening was complete
  - ✓ If an individual was considered 'at risk' for malnutrition whether an registered dietitian consult was requested

Table 1: Staff Attendance at Education Sessions

Profession	Number who attended an educational session (n=64)
Nursing	32
Allied Health	12
Students (nursing & allied health)	10
PCA	5
Patient Care Coordinator	2
Nurse Manager	1
Nurse Educator	1
Ward Clerk	1

## Results

- 94% of nursing staff received education on malnutrition in Canadian hospitals
- Results from a 5-question post-education session survey show a minimum of a 30% increase in self reported knowledge change in the topics outlined in figures 1 & 2
- 75% of education session attendees agreed with the statement, **“We are all responsible for identifying and treating malnutrition on our unit.”**
- By March 15<sup>th</sup>, 2016, 100% of hip fracture patients admitted to the orthopaedic unit at the Toronto Western Hospital, UHN were screened for malnutrition within 72 hours of hospital admission

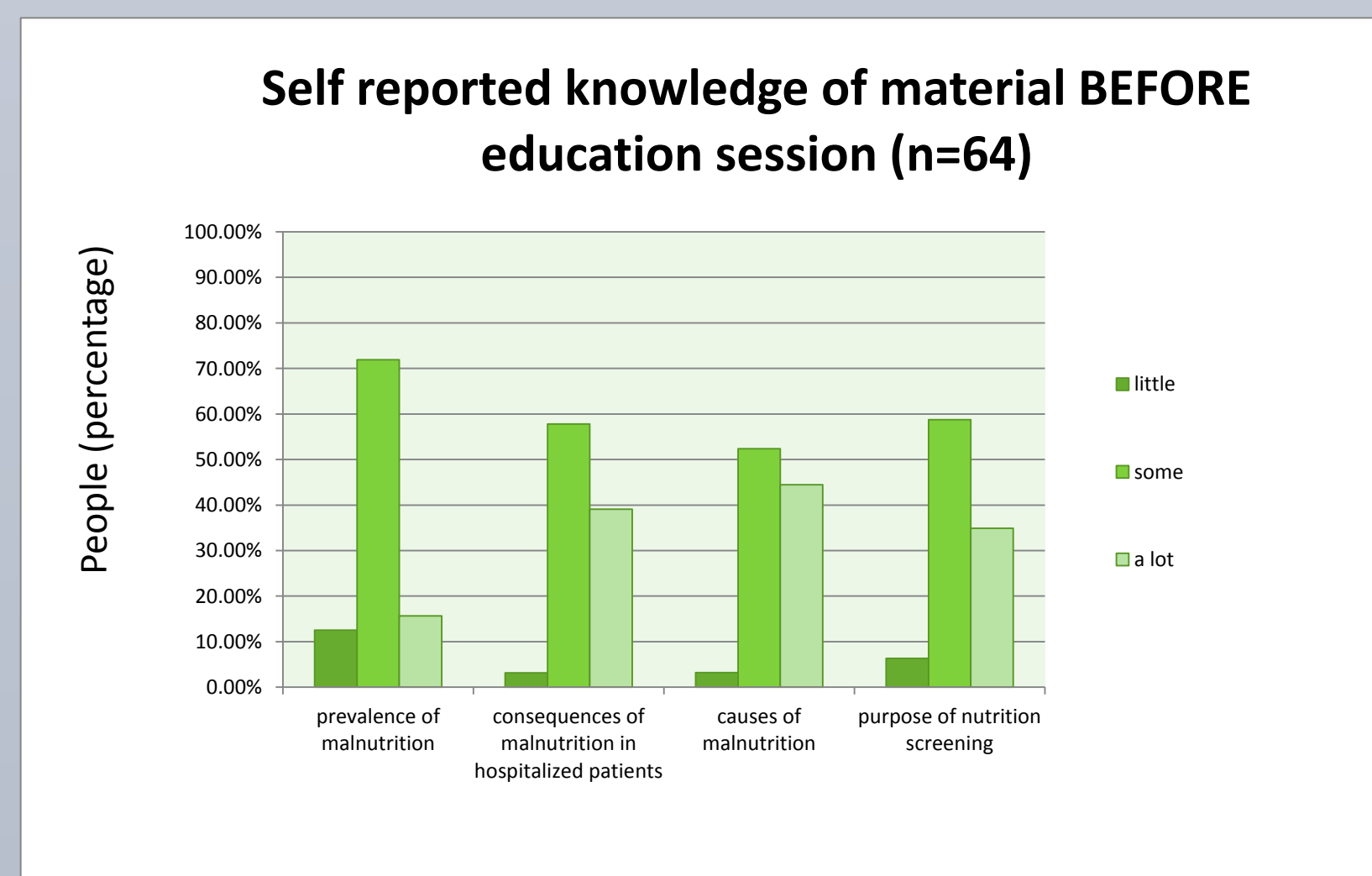


Figure 1

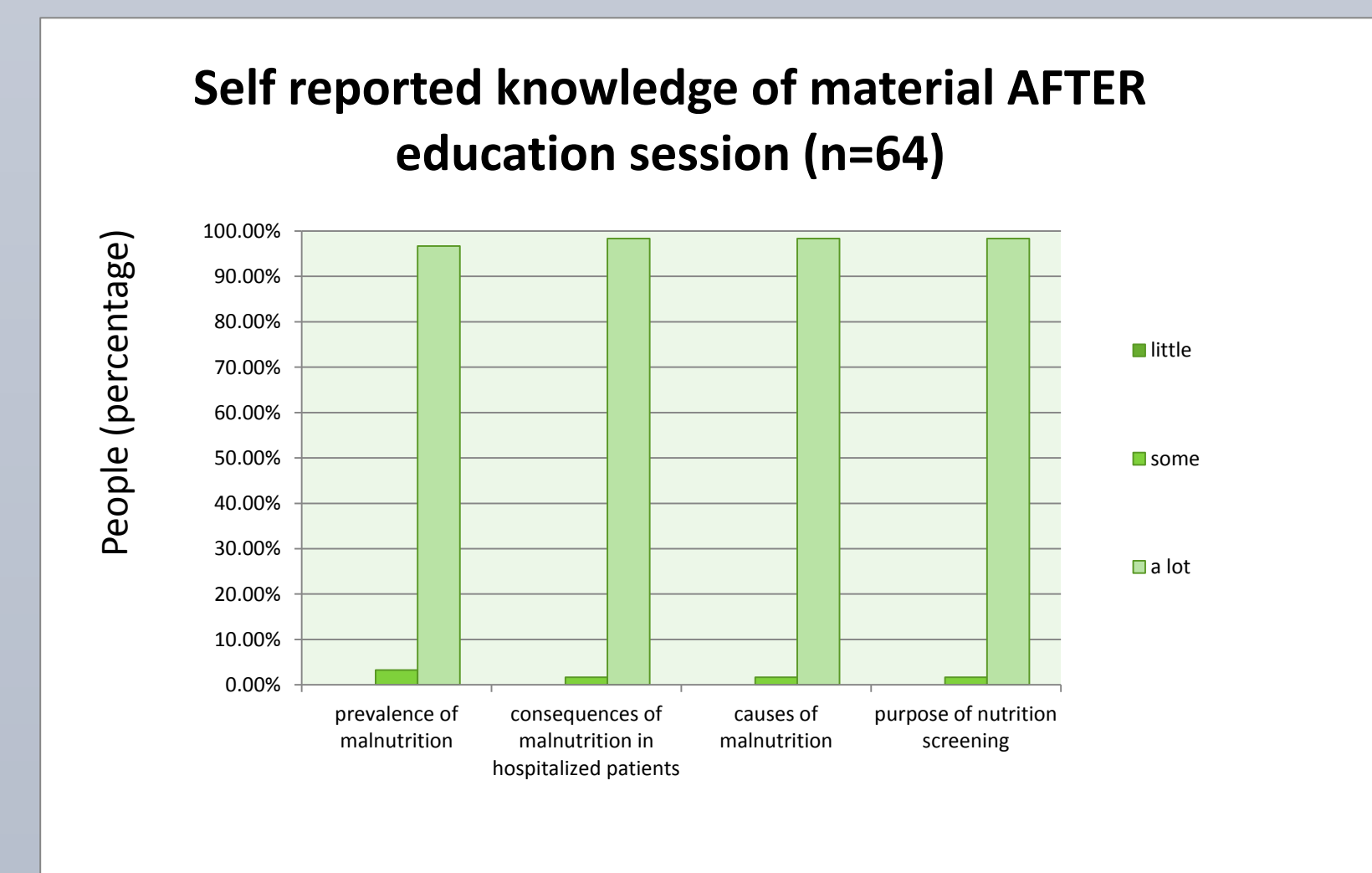


Figure 2

## Project Impact

- Timely screening for malnutrition on admission to hospital will:
  1. Facilitate prompt identification of those patients requiring nutrition intervention by a registered dietitian
  2. Help to improve patient care by minimizing nutrition related complications

## Sustainability

- Sustainability will be achieved by:
  - Ongoing chart audits to ensure nutrition screening is taking pace & registered dietitian referrals are made when warranted
  - Inclusion of the purpose & process of nutrition screening in the Orthopaedic Nursing Resource Manual which is given to all new nursing staff
  - Annual education sessions on the topic of malnutrition

## References

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