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Taking a Bite Out of Malnutrition

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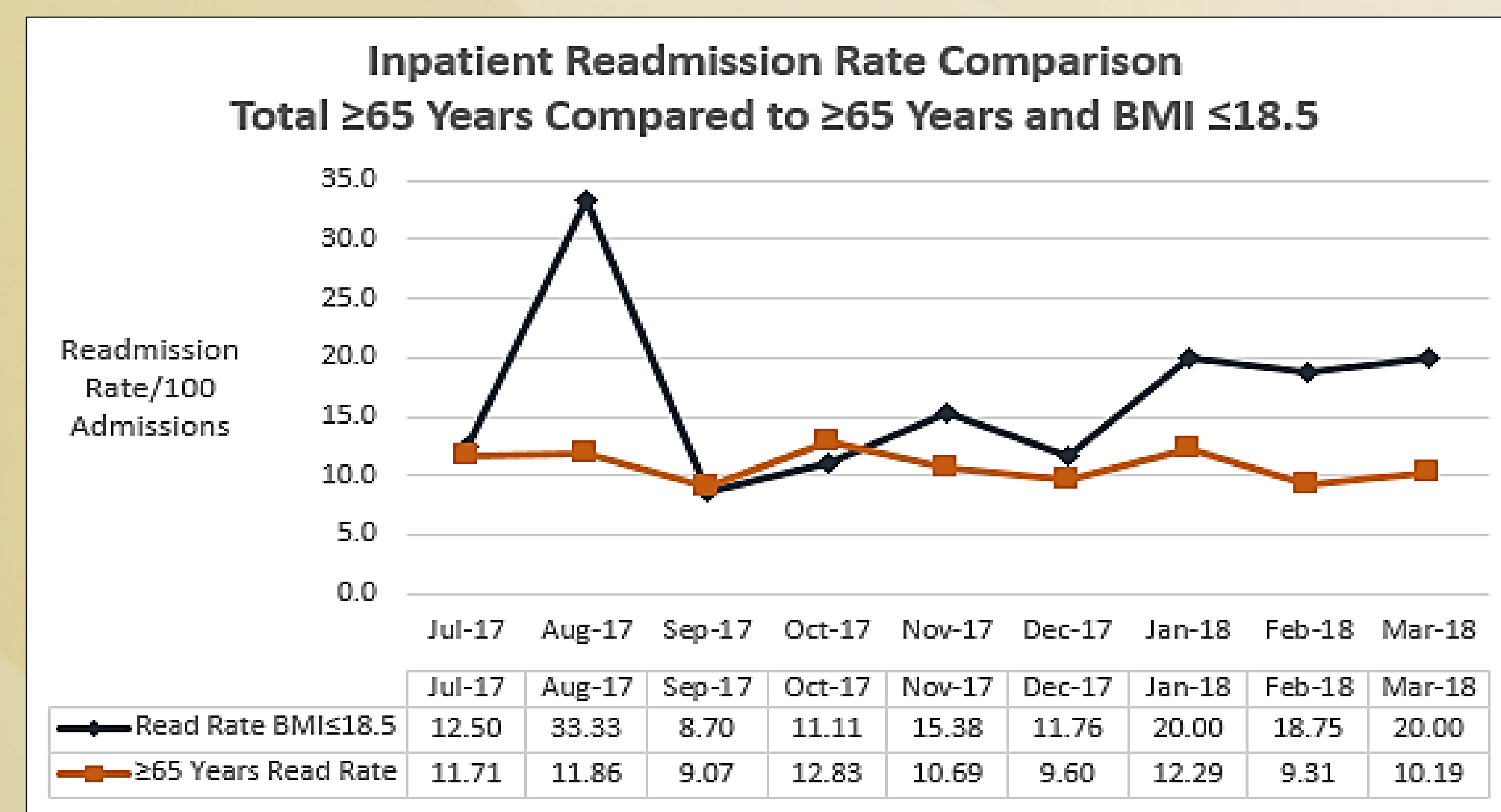
Background

What is Known:

- Globally 30-50% of inpatients are malnourished.
- Malnutrition is commonly overlooked and underreported.
- Malnutrition Consequences:
 - Slower recovery, increased risk of Hospital Acquired Pressure Injuries (HAPI), mortality, falls, post operative infections and readmissions.
- Rapid identification of malnutrition along with multiple Evidence-Based Practice (EBP) interventions will improve patients' nutritional status.

Doctors Hospital:

- May 2017, Dietitians noted an influx of malnutrition referrals with the use of new Malnutrition Screening Tool (MST).
- In 2018, 4357 patients were admitted, 70% of inpatients were 65 years of age or older.
- Readmission rate for malnourished underweight elderly patients was on the rise.



Objective

The goal of the Performance Improvement (PI) Project was to decrease the 30-day readmission rate of the ≥ 65 year old malnourished, underweight patients.

Methods

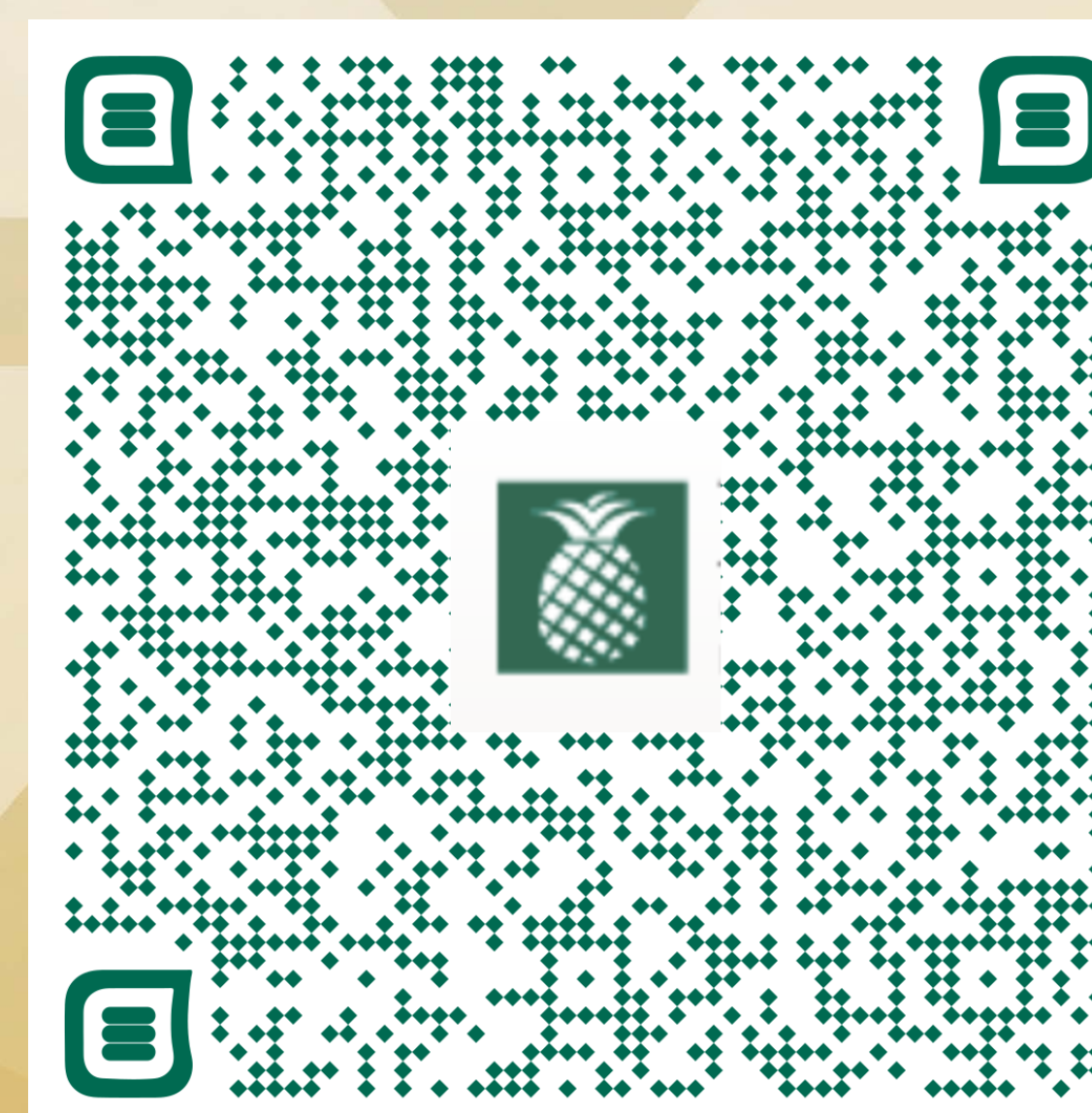
Setting:

- 281 bed Acute Care Adult Hospital in an urban setting

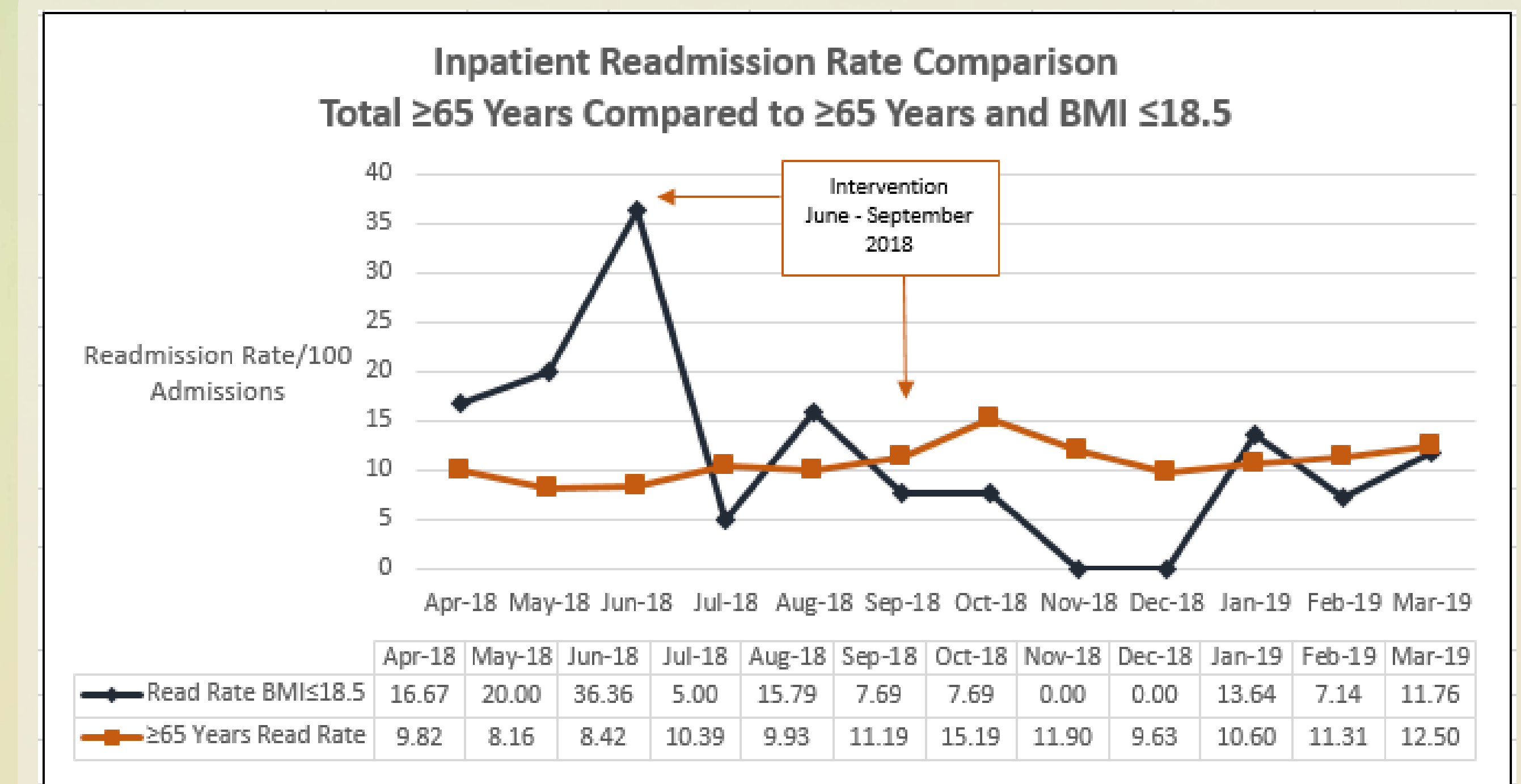
Sample:

- Inclusion criteria: Inpatients ≥ 65 years of age, BMI ≤ 18.5, no dysphagia
- Exclusion criteria: Inpatients on nutrition support (i.e. enteral/parenteral), eating disorders, and patients who require liquid thickeners as recommended by the Speech Therapist
- Project Launch: 9/17/2018**

Inter-professional Interventions



Outcomes



- 61.5% reduction in 30-day readmission rate**

Discussion

- Implementation of inter-professional collaborative effort with practical, evidence-based, low cost nutritional and educational interventions resulted in:
 - 61.5 % Reduction of the 30-day inpatient readmission rates
 - Improved nutritional status and well-being for underweight malnourished elderly patients
 - OBSERVATION: Non-participating patients had an increased 30-day readmission rate of 31.8% from pre to post-intervention
- Implications for practice:
 - Policy and procedure updates
 - Education for care providers
 - Finalize Roll Out
 - Continue to monitor and improve as appropriate

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- Sriram, K., Sulo, S., Vanderbosch, G., Partridge, J., Feldstein, J., Hegazi, R. A., & Summerfelt, W. T. (2016). A comprehensive nutrition-focused quality improvement program reduces 30-day readmissions and length of stay in hospitalized patients. *Journal of Parenteral and Enteral Nutrition*, 41(3), 384-391. doi:10.1177/0148607116681468

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