

Nutrition Improvement Collaborative

Case Studies

Trust name	Imperial College Healthcare NHS Trust
Provider type	Acute
Site (if applicable)	St Mary's Paddington
Core service	

The issue: Malnutrition in an acute setting is prevalent yet often under-recognised. Identifying and treating malnutrition is an important part of a patient's care to prevent and minimise malnutrition related mortality and morbidity. Nutritional screening on admission and weekly thereafter is an easy way to identify patients at risk and is endorsed by many organisations.

The solution: To improve the nutritional care of our patients at Imperial College Hospital NHS Trust by:

- Increasing the proportion of patients weighed on admission
- Improving Nutritional Screening compliance and accuracy
- Exploring the current patient experience of food and nutrition

Enablers and challenges: We learnt that nutrition in hospital is complex and that there are many aspects to consider. We identified that that Board visibility of nutrition and hydration required further development.

We also learnt that there is lots of good work going on at Imperial College Hospital NHS Trust and that staff and patient representatives were enthusiastic about nutrition.

We needed to develop an overarching Nutrition and Hydration Strategy that put patient experience at its heart.

The impact: We have completed a nutritional screening audit on two pilot wards to help us to understand our compliance with nutritional screening. The results of the audit were shared with the pilot wards teams and nutrition screening training sessions were provided on pilot wards by a Dietitian.

The teams on both pilot wards pledge to undertake nutrition screening for all patients during Nutrition and Hydration Week 2018.

We reviewed the governance structure and function of the Nutrition Steering Committee to support Board visibility of nutrition and hydration.

We developed a Driver Diagram to underpin our tests of change in co-design work in collaboration with patient representatives and Nutrition Steering Committee

Next steps and sustainability: Our next steps will be to co-design small tests of change with the clinical staff and to further develop our new Nutrition Steering Committee Structure and working subgroups.

Want to know more?

To see the other case studies in this series, visit our Improvement Hub.

For more information on our nutrition and hydration work, email

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