

## Nutrition Improvement Collaborative

### Case Studies

<b>Trust name</b>	University Hospitals Derby and Burton
<b>Provider type</b>	Acute
<b>Site (if applicable)</b>	Queens Hospital
<b>Core service</b>	

**The issue:** To improve nutritional screening of our patients as an enabler to improved nutrition on frail elderly medical ward and orthopaedic surgery ward.

**The solution:** The aim of this programme was to increase the proportion of patients with an accurate nutritional screen and receiving appropriate nutritional interventions. Ensuring we get the right, diet for the right patient at the right time.

Our team consisted of a catering manager, speech and language therapist, a ward sister and a senior sister. Our programme was led by the senior nurse for older people across the organisation. We chose this team to have a MDT which included a non-clinical perspective.

**Enablers and challenges:** We found that audit was a valuable tool to influence change and we learnt not to assume that the “basics” are always in place. Using small step changes to test potential solutions was preferable to ‘big bang’ changes and providing refresher education in form of blast training was effective.

Our clinical areas want to see improvement for quality care delivery and working as a MDT to implement change was effective and proactive.

Our challenges were that patient weights were being estimated due to lack of equipment and the understanding of mid upper arm circumference (MUAC) measurement was limited.

We also found that other clinical areas wanted to be part of the change cycle once they saw improvement in other areas.

**The impact:** The impact of our programme has been to undertake base line audit and continue to We have been able to demonstrate an achievement of 100% accuracy of nutritional screening on both wards. These results have been shared.

We undertook an assessment of equipment required for accurate nutritional screening and have provided the required equipment.

We have provided 'blast' teaching session and there are now Malnutrition Universal Screening Tool (MUST) explanatory booklets and laminated guidance of MUAC on all wards.

**Next steps and sustainability:** The next steps are to roll out the programme across the organisation we have 5 wards taking part and will be recruiting two wards bi monthly.

There will be a continuation of audit cycle with outcomes being presented to our division and quality committee.

We aim to progress social dining and right nutrition right patient.

#### **Want to know more?**

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For more information on our nutrition and hydration work, email [nhsi.nutritionandhydration@nhs.net](mailto:nhsi.nutritionandhydration@nhs.net)