

Nutrition Improvement Collaborative

Objectives:

- Improve compliance with MUST scoring
- Improve accuracy of MUST scores
- Improve recording of actual weights
- Gain assurance nutrition plans are being implemented
- Re-launch Protected mealtimes

The clinical areas we focussed this initiative on are a medical ward and a surgical ward. All have a high proportion of frail, vulnerable patients at risk of malnutrition and appear to struggle to achieve positive results in nutrition audits.

Achievements:

- Staff engagement
- Raising awareness
- Ad hoc teaching
- Blanket enriched diets for both cohorts
- Improvement in actual weights being recorded
- Improvement in initiating nutrition care plans
- Improvement with accuracy of MUST scoring
- Protected mealtime relaunch
- Trust-wide communication
- Updated information on wards
- Collaborative working with dietitians
- Reduction in pressure ulcers

Challenges:

- Time and resources
- Capacity pressures
- High acuity and staff deficits
- Ward closure due to Norovirus
- Scale malfunction
- Feedback to teams
- Maintaining engagement

What we have learnt:

- We audited the medical admission wards a couple of times due to ward G4 had no control over the first 24hrs to record accurate weights and MUST scores. Noticed that scores were reasonable both times, though actual weight measurement could be improved
- Maintaining staff engagement and providing useful feedback is a challenge. Plans to review this process
- Lots of competing pressures. Difficult to keep the focus



- The team, led by the Head of Nursing, assisted by a Senior Matron, Lead Dietician, Nutrition Nurse Specialist, Business Manager and Ward staff.

Nutrition & Hydration Week:

During the 12th and 16th March the aim was to reinforce consideration of nutrition and hydration as crucial elements in providing high quality care in a health and social care setting.



Activity during the week included:

- ☑ a stand in Time Out on Tuesday and Friday promoting the benefits of having protected mealtimes for our inpatients
- ☑ nursing staff highlighted the importance of protected mealtimes at board rounds for cascade to all staff
- ☑ each ward will be provided with a protected meal times poster to clearly display the times of their protected mealtimes
- ☑ a lunchtime event at Newmarket Hospital and stand in Time Out on 14 March for Swallowing Awareness Day.

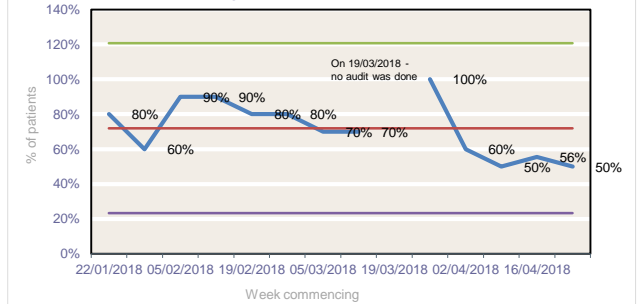
We also encouraged all local nursing homes to participate in Nutrition and Hydration Week and provided them with packs which include suggested themes for each day



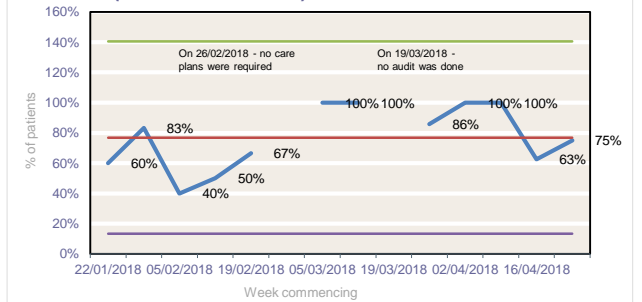
Plans for the future:

- Further teaching sessions
- Roll out initiative to whole trust
- Part of Quality Accounts – Trust Priority
- Continue to monitor mealtime compliance
- Analyse weekly audit data more comprehensively
- Review trust audits to avoid duplicated work

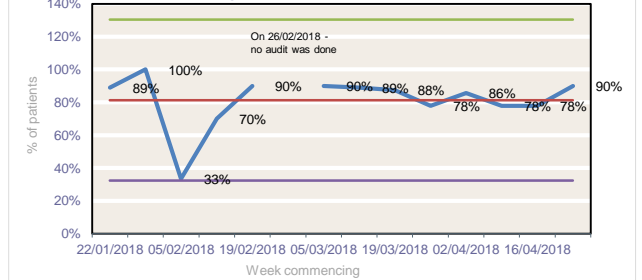
Ward G4 - Accurate Nutritional Screening (MUST Score correct)



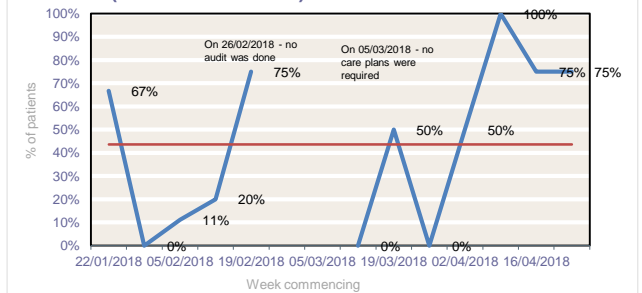
Ward G4 - Appropriate Nutrition Intervention (Nutrition Care Plan)



Ward F3 - Accurate Nutritional Screening (MUST Score correct)



Ward F3 - Appropriate Nutrition Intervention (Nutrition Care Plan)



Key: - Value (blue line), Mean (red line), UCL (green line), LCL (purple line)

