ARE PATIENTS IDENTIFIED TO BE AT RISK FOR MALNUTRITION BEING SEEN BY A DIETITIAN UPON ADMISSION TO HOSPITALIST MEDICINE UNITS AT VANCOUVER GENERAL HOSPITAL?

N Teymouri Beyat, R Rattanpal, J Sookero, S Voong, E Cabrera, T Cividin
UBC Dietetics Program, Vancouver
Vancouver Coastal Health, Clinical Nutrition, Vancouver

BACKGROUND

- Malnutrition is under recognized and often undiagnosed in the hospital setting.
- It is a large contributor to increased mortality, morbidity, hospital admissions, length of hospital stay, healthcare costs and reduced quality of life.
- Dietitian (RD) involvement is critical in addressing malnutrition and its associated risk factors.

OBJECTIVES

- To determine the proportion of patients who are screened and determined to be at risk for malnutrition upon admission to the 3 hospitalist medicine units at VGH.
- To determine the proportion of those seen by an RD.

METHODS

- Retrospective chart review of all patients admitted to 3 hospitalist medicine units at VGH from March 1 and 31, 2017.
- Data collected included demographics, completion of the nutrition screen within the Nursing Admission Assessment (NAA), dietitian referrals and assessments.

RESULTS

Reason Seen By an RD

RN = Registered Nurse
MD = Medical Doctor
*miscellaneous or RD did not select a reason.

Demographics

- Average age: 81
- Gender: 52% male & 48% female
- Top 3 reasons for admission:
 - 29% infection (e.g. pneumonia, sepsis, etc.)
 - 14% cardiac-related (e.g. MI, stroke, etc.)
 - 7% injury (e.g. fractures, trauma, etc.)

IMPLICATIONS & CONCLUSIONS

- The NAA was not consistently completed and patients at risk were not always referred to the RD.
- Routine screening by an RD is necessary to identify malnutrition risk upon admissions.
- Suggestions to address these issues include
 - identifying barriers for completing the NAA
 - providing nursing education about the importance of malnutrition screening, use of the tool, and how to refer to the RD.

SIGNIFICANCE TO THE FIELD OF DIETETICS

- Consistent completion of the validated malnutrition screening tool and resulting RD referrals could help identify malnutrition early and decrease routine screening time for RDs.