



Canadian  
Malnutrition  
Task Force™

le Groupe de  
travail canadien  
sur la malnutrition<sup>MC</sup>

Advancing Nutrition Care in Canada / Améliorer les soins nutritionnels au Canada

### **What you need to know if you are considering SGA Training in your hospital**

1. Hands-on training with patients from your hospital will be provided by a CMTF trained clinician. The hospital requesting this service will pay for the trainer's expenses (travel, possibly a hotel room, parking, meals, and other possible travel related expenses) and CMTF will pay for the trainer's fee. Due to high demand, a trainer can only be on site for one day. The clinicians who are trained are expected to train the other clinicians who were not able to attend the initial training day.
2. Four clinicians are trained and it is preferred that this number be maintained as more than five people in a patient's room can be overwhelming.
3. Prior to requesting an on-site trainer, the hospital is required to:
  - Contact the relevant department at your hospital (Research or Education or Infection Control....) to receive permission to have an external educator come to the hospital, as well as to pay for the trainer's expenses Note: expenses will vary depending on mode of transportation, requirements for accommodation, etc.
  - Clarify with key authorities in the hospital requirements required for an external trainer e.g. vaccinations, confidentiality agreement, liability insurance, etc. Please note if written consent is required for the patients examined, the hospital will develop their own consent form. Note: most hospitals require verbal consent from the patients the day prior to the trainer's arrival.
  - Once the above details have been confirmed then a date for training is established between the trainer and the hospital liaison.
  - Purchase the 2015 SGA DVD from <https://cns-scn.ca/education/cmtf/cmtf-dvd>
  - Download the SGA form and guidance document called *How to use the 2016 SGA form* from <http://nutritioncareincanada.ca/tools/tools-for-your-practice/diagnosing-malnutrition> (this form is referenced in the DVD)

- Have health care team members who will participate in training with the external trainer review the DVD and written materials sent approximately one week prior to training session.
- Identify seven to eight patients 1 to 2 days prior to the training date for inclusion in the training observations.

4. Agenda for the training day:

**0900 – 0945 hours\*** - The trainer meets with the clinicians to review highlights of the SGA form, and how it fits in the Integrated Nutrition Pathway for Acute Care; discussion about cachexia, sarcopenia, and wasting from malnutrition; examples of actual patients to illustrate these phenomena; form does not allow quantifying each category of the medical and physical exam; questions start with asking about dietary intake changes; importance of establishing a system for the physical exam, e.g. starting at the head and ending at the legs (this helps to ensure that different parts of the body are not missed).

**1000 – 1130 hours** – Trainer is taken to recruited medical or surgical patients to conduct SGA. A minimum of three patients, maximum of four patients will be assessed by the trainer. The trainer will speak aloud as she or he is assessing the patient by describing what she is looking for, looking at, without making a judgement call. The clinicians listen, observe (potentially palpate areas to understand observations) and independently rate each patient.

**1130 – 1200 hours** – Trainer and clinicians meet in a private room to discuss each clinician's rating with an explanation as to the reason given for the rating.

**1200 – 1245 hours** – lunch break

**1245 – 1400 hours** – Repeat the morning session but with each clinician doing one assessment each. Four new patients are required for the afternoon session. The other clinicians independently rate each patient.

**1400 – 1445 hours** – Trainer and clinicians meet in private room to discuss each clinician's rating with an explanation as to the reason given the rating. Final wrap-up.

**\*These times are approximate**

5. Clinicians who are trained are encouraged to buddy up and spend more time with each other for more experience doing SGA. Once they are feeling confident then they are encouraged to train the clinicians that were not able to attend, using the same approach as was used in the training day.
6. Clinicians are encouraged to join a community of practice via a Google group to support learning and understanding of SGA.

7. If interested in SGA training, please contact Bridget Davidson, Director of CMTF at [bdavidson@cns-scn.ca](mailto:bdavidson@cns-scn.ca)