

Involving Everyone in Nutrition Care

Everyone has a role to play in improving nutrition care. Here are a few examples of how ALL staff can be involved.

Physician

- Understand the malnutrition diagnosis provided by the Dietitian (including scores based on the subjective global assessment; SGA) and plan care accordingly
- Diagnose and document malnutrition, when applicable
- Order liberalized diets
- Say No to NPO
- Order Medpass (oral nutritional supplement)
- Consider supplemental enteral or parental nutrition when intake is expected to be low for more than a few days

Nurse

- Screen patients for nutrition risk
- Monitor food intake and take appropriate action for low intake
- Encourage food intake
- Decrease barriers to food intake, such as position patients to eat, opening packages, clearing bedside tables, etc.
- Provide eating assistance when appropriate
- Decrease mealtime interruptions for not-urgent/non-meal related visits
- Encourage patient family and friends to visit during mealtimes
- Support family/friends to bring food from home if patient is not eating well
- Monitor weekly weights

Dietitian

- Include SGA in nutrition assessment for all patients
- Diagnose and document malnutrition
- Order Medpass (oral nutritional supplement)
- Order liberalized diets

This resource is based on the Winnipeg Regional Health Authority, Find – Feed – Follow model. It is also a result of the collaboration of the hospital sites, researchers and stakeholders participating in the More-2-Eat study.

- Be visible on the unit
- Advocate of improved nutrition care
- Champion implementation of the Integrated Nutrition Pathway for Acute Care (INPAC); educate and raise awareness of nutrition
- Work with other disciplines to establish a discharge plan and arrange relevant community support
- When implementing change processes, provide support by auditing care processes and feeding results back to the team

Health Care Aide/Assistant

- Monitor food intake and take appropriate action for low intake
- Encourage food intake
- Decrease barriers to food intake, such as position patients to eat, opening packages, clearing bedside tables, etc.
- Provide eating assistance when appropriate
- Encourage patient family and friends to visit during mealtimes
- Support patients to bring food from home if not eating well
- Monitor weekly weights
- Communicate food preferences

Pharmacist

- Support and facilitate Medpass (oral nutritional supplement) program
- Screen patients for drug-nutrient interactions
- Optimize medications when intake is poor (to reduce nausea, vomiting, diarrhea, constipation)
- Monitor medications with enteral and parenteral nutrition
- Collaborate with nutrition support team

Occupational Therapist

- Identify patients who may have physical and/or cognitive impairments which will limit their ability to prepare food, open food packages and/or feed self (both at home and in hospital); inform relevant staff if problems are identified
- Position patient appropriately for mealtimes

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- Educate/practice with patient and or staff/caregivers regarding the proper position for eating, use of adapted utensils, how to open food packages, walker safety in the kitchen etc.
- Work with other disciplines, including dietitians, to establish a discharge plan to address acquiring groceries, meal preparation, adapted equipment, positioning, environmental set up and support persons as needed

Physiotherapist

- Identify patients with poor muscle mass probably related to malnutrition
- Consult dietitian if malnutrition contributes to mobility
- Encourage patients to get out of bed to eat meals
- Position patient to eat and assist with opening food packages
- Support the team by walking the patient to get an admission or weekly body weight
- Work with other disciplines, including dietitians, to establish a discharge plan and arrange relevant community support

Social Worker

- Identify patients at nutrition risk (food security; grocery shopping done by others; supports required for cooking, etc.)
- Work with other disciplines, including dietitians, to establish discharge plan and arrange relevant community support

Speech Language Pathologist

- Assess swallowing function and align diet consistency with swallow function
- Recommend least restrictive diet consistency, which maintains swallow safety and adequate oral intake
- Provide recommendations for feeding techniques and positioning
- Work with other disciplines, including dietitians, to establish a discharge plan and arrange relevant community support

Food Service

- Procure/develop nutrient dense food options
- Procure nutritionally adequate and appealing food via contracts and specifications
- Consider the cultural preferences of patients when developing menus

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- Ensure food is available when needed
- Support units to have some food in the unit outside of kitchen opening times for those who missed a meal etc.
- Ensure food is delivered on time so family and friends can arrive at the correct time to support food intake
- Obtain food preferences when applicable
- Monitor food intake when applicable
- Ensure appropriate food temperature
- Ensure presentation of food is appetizing

Patient

- Talk to your nurse and doctor if you have lost weight and are eating less than normal
- Tell your nurse if you are on a special diet
- Ask for help with setting up your meal tray and opening your food packages
- Aim to eat at least 50% of your meal tray
- Ask health care providers who come at mealtime for medical needs to come back later so you can finish eating

Family and Friends

- Talk to the nurse or doctor if your family member/friend has lost weight and has been eating less than normal
- Assist your family member/friend with setting up their meal tray and opening food packages when you are available
- Encourage the patient to eat at least 50% of their meal tray (especially the high calorie and protein foods)
- Bring in their favourite foods at meal time if the patient is not eating well

Volunteer

- Decrease barriers to food intake such as by opening packages
- Encourage the patient to eat at least 50% of their meal tray (especially the high calorie and protein foods)
- Provide a friendly chat during meal times

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