

*Research Matters...  
to all of us*

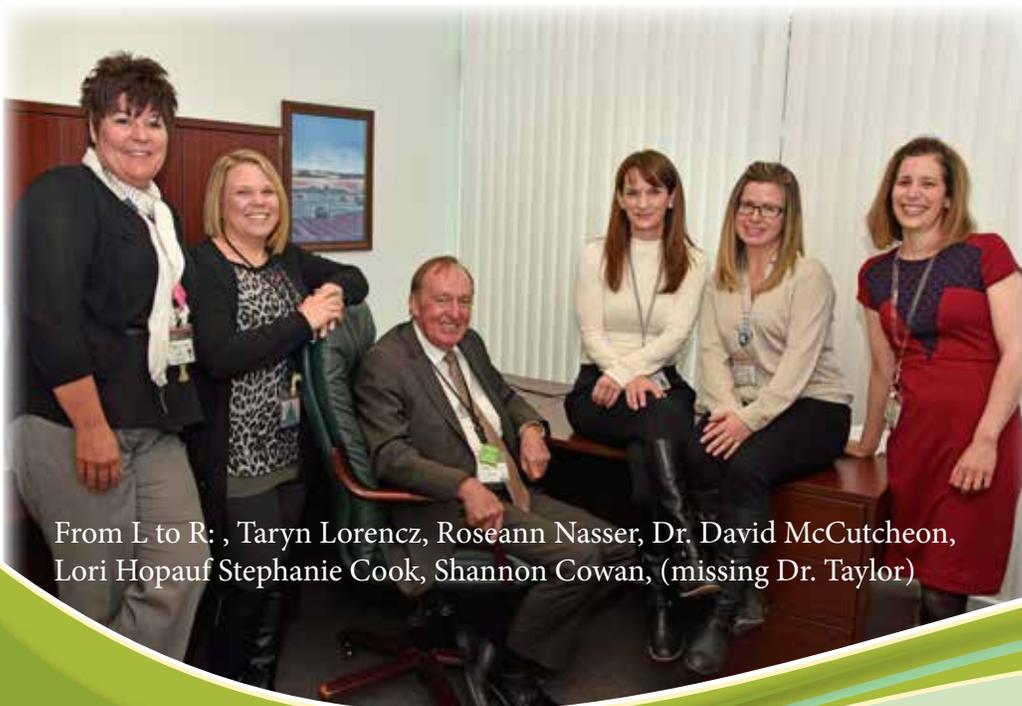
## Hospital Malnutrition - Two small questions can make a difference

A recent study revealed that 45% of people admitted to medical and surgical units in Canadian hospitals are malnourished. Being malnourished places you at a high risk of experiencing delayed wound healing, more complications, and longer hospital stays. Hospital malnutrition is not new, but until recently there was little information on how big of a problem it was in Canadian hospitals.

Thanks to a nationwide study led by Dr. Heather Keller from the University of Waterloo, there are important changes underway in the Regina Qu'Appelle Health Region (RQHR). A simple two question screening tool is being used to identify patients who are malnourished. Answering yes to both is considered a positive screen and means more nutritional assessments are needed.

- Have you lost weight in the past 6 months WITHOUT TRYING to lose this weight?
- Have you been eating less than usual FOR MORE THAN A WEEK?

The RQHR was selected as one of five locations in Canada to participate in the 18-month **"More 2 Eat"** study which aims to find ways to improve the food intake and nutrition status of patients in the hospital by screening patients with those two simple questions. The local oversight team includes Dr. David McCutcheon (VP, Medicine), Lori Hopfauf (ED, Medicine), Stephanie Cook (Director, Nutrition & Food Services/NFS) and lead investigator, Roseann Nasser (Research Dietitian, NFS). A strong interdisciplinary steering committee has been assembled to identify areas for improvement and to implement a nutrition care pathway for all patients. This steering committee includes Shannon Cowan (Senior Dietitian), Taryn Lorencz (Director, Medicine), and Dr. Ron Taylor (Hospitalist).



From L to R: , Taryn Lorencz, Roseann Nasser, Dr. David McCutcheon,  
Lori Hopauf Stephanie Cook, Shannon Cowan, (missing Dr. Taylor)

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