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10-25-2019

### Taking a Bite Out of Malnutrition

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#### Citation

Miyar, Virginia; Montoya, Maria; and Roman Laporte, Roberto, "Taking a Bite Out of Malnutrition" (2019). *All Publications*. 3280.

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# Taking a Bite Out of Malnutrition

## An Inter-professional Journey to Decrease Readmission Rates Among the Malnourished Elderly Resource UPC

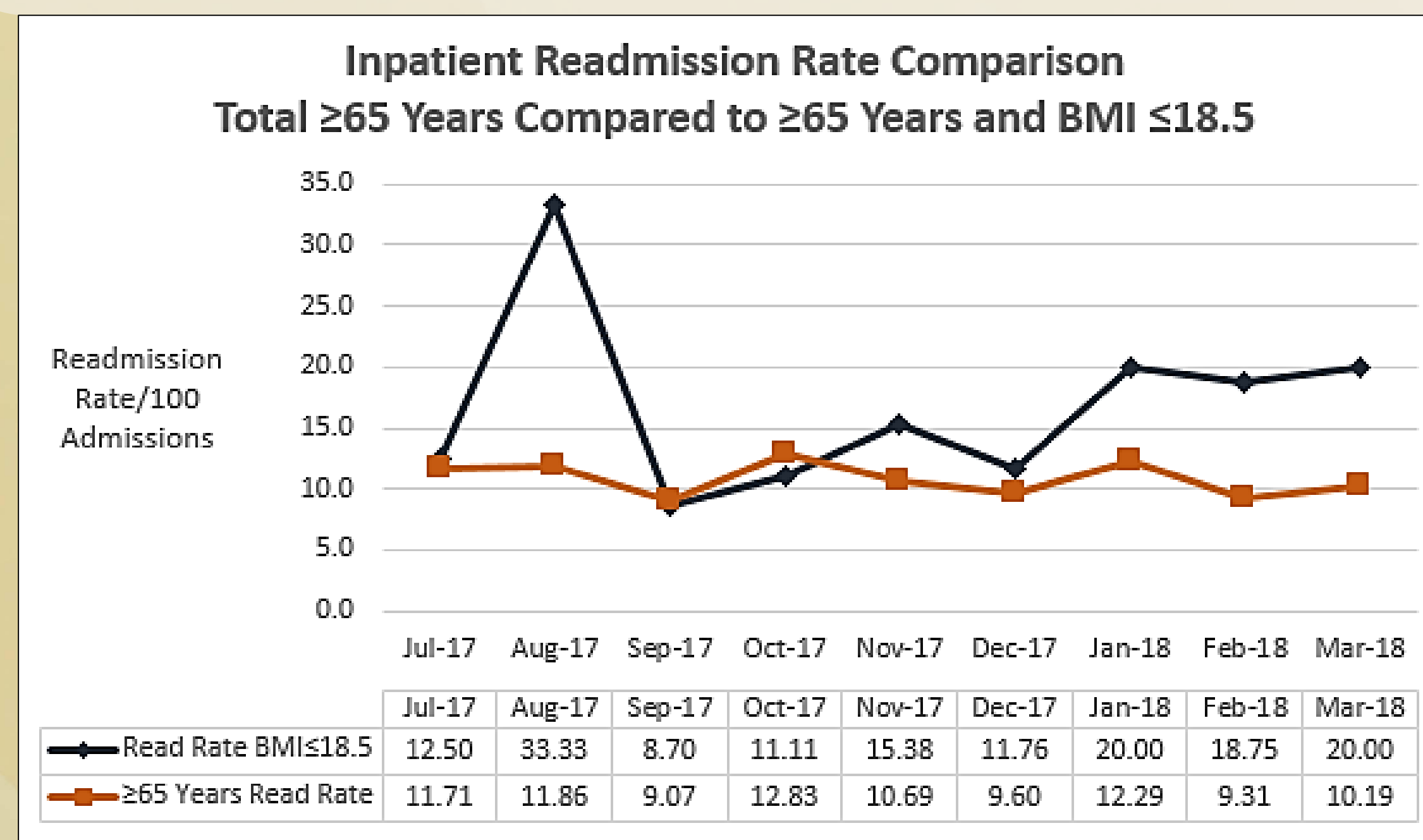
### Background

#### What is Known:

- Globally 30-50% of inpatients are malnourished.
- Malnutrition is commonly overlooked and underreported.
- Malnutrition Consequences:
  - Slower recovery, increased risk of Hospital Acquired Pressure Injuries (HAPI), mortality, falls, post operative infections and readmissions.
- Rapid identification of malnutrition along with multiple Evidence-Based Practice (EBP) interventions will improve patients' nutritional status.

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- May 2017, Dietitians noted an influx of malnutrition referrals with the use of new Malnutrition Screening Tool (MST).
- In 2018, 4357 patients were admitted, 70% of inpatients were 65 years of age or older.
- Readmission rate for malnourished underweight elderly patients was on the rise.



### Aim

Decrease the 30-day readmission rate of the ≥ 65 year old patient who is malnourished underweight



### Methods

#### Setting:

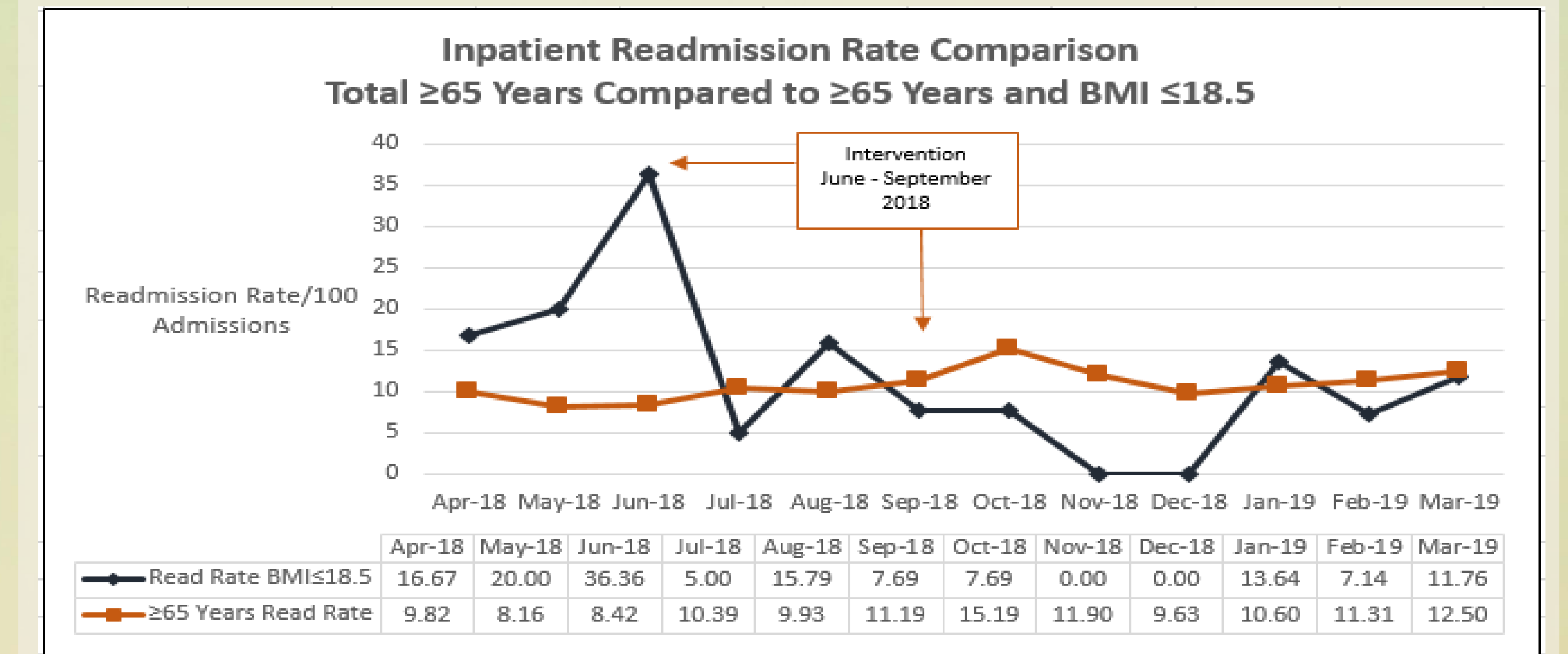
- 281 bed Acute Care Adult Hospital in an urban setting

#### Sample:

- Inclusion criteria: Inpatients ≥ 65 years of age, BMI ≤ 18.5, no dysphagia
- Exclusion criteria: Inpatients on nutrition support (i.e. enteral/parenteral), eating disorders, and patients who require liquid thickeners as recommended by the Speech Therapist
- **Project Launch: 9/17/2018**



### Outcomes



- **61.5% reduction in 30-day readmission rate**

### Discussion

- Implementation of inter-professional collaborative effort with practical, evidence-based, low cost nutritional and educational interventions resulted in:
  - Reduction of the 30-day inpatient readmission rates
  - Improved nutritional status and well-being for underweight malnourished elderly patients
- Implications for practice:
  - Policy and procedure updates
  - Education for care providers
  - Finalize Roll Out
  - Continue to monitor and improve as appropriate

### References

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3. Sriram, K., Sulo, S., Vanderbosch, G., Partridge, J., Feldstein, J., Hegazi, R. A., & Summerfelt, W. T. (2016). A comprehensive nutrition-focused quality improvement program reduces 30-day readmissions and length of stay in hospitalized patients. *Journal of Parenteral and Enteral Nutrition*, 41(3), 384-391. doi:10.1177/0148607116681468



# Doctors Hospital

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