

**The FREER Pilot Study: Family in rehabilitation: empowering carers for improved malnutrition outcomes**

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Unpublished: 14/10/2020

*Document Version:*  
Peer reviewed version

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*Recommended citation(APA):*

Marshall, S., Fei, X. A., Giang, J., Warner, M., Chan, H. C. N., Isenring, E., Van der Meij, B. S., Collins, C. E., de van der Schueren, M., Banbury, M., & Milte, R. (2020). *The FREER Pilot Study: Family in rehabilitation: empowering carers for improved malnutrition outcomes*. 2020 Bond University HSM Medical & Postgraduate Students Research Virtual Conference, Australia.

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# The FREER Pilot Study

## Family in Rehabilitation: EmpowERING Carers for Improved Malnutrition Outcomes

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# Research Team



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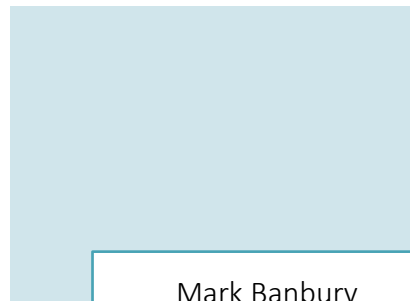
Dr. Barbara van de Meij



Dr. Clare Collins



Dr. Marian de van der Schueren



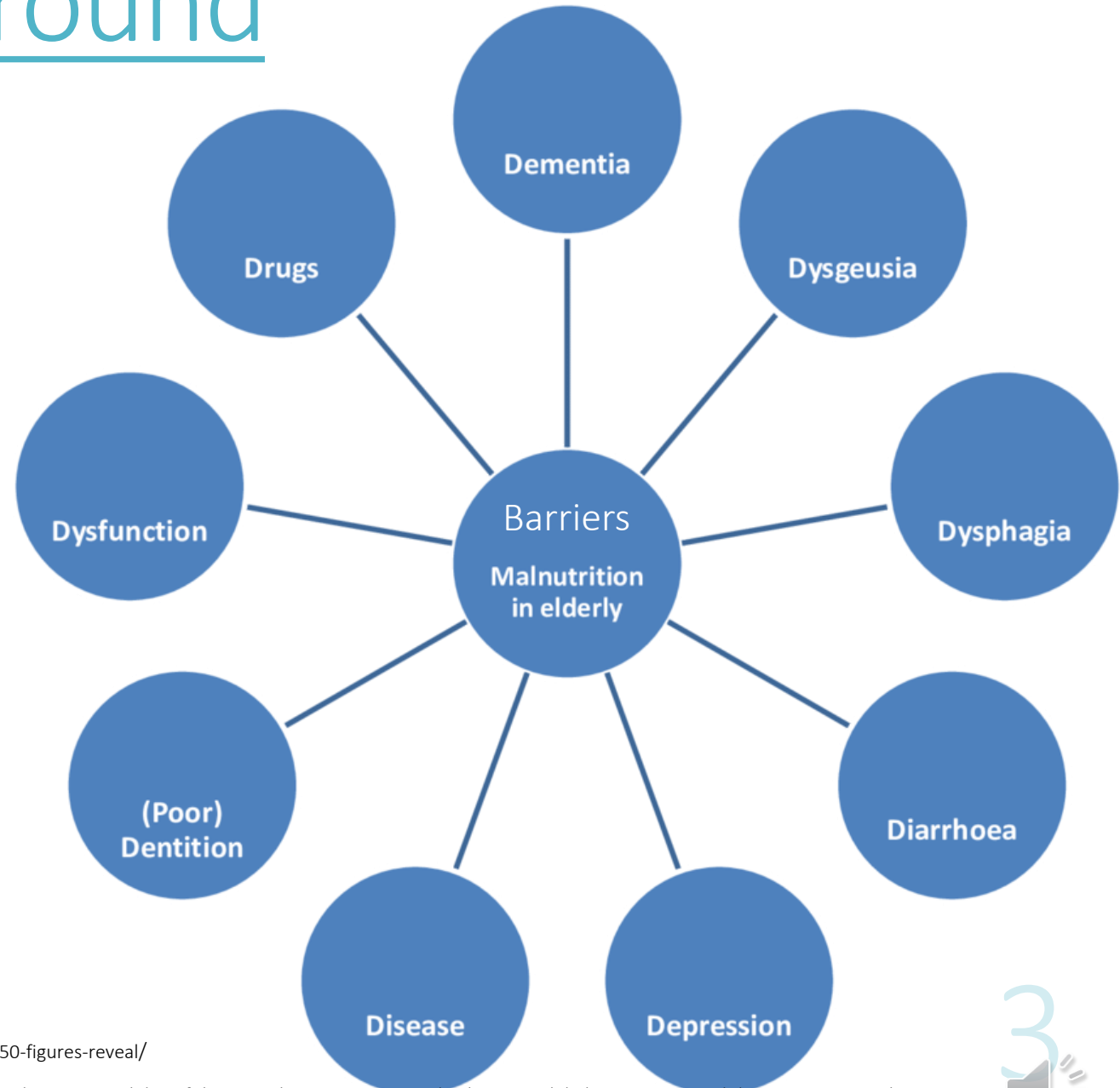
Mark Banbury



Dr. Rachel Milte

# Background

Protein-Energy Malnutrition  
50% for Rehabilitation



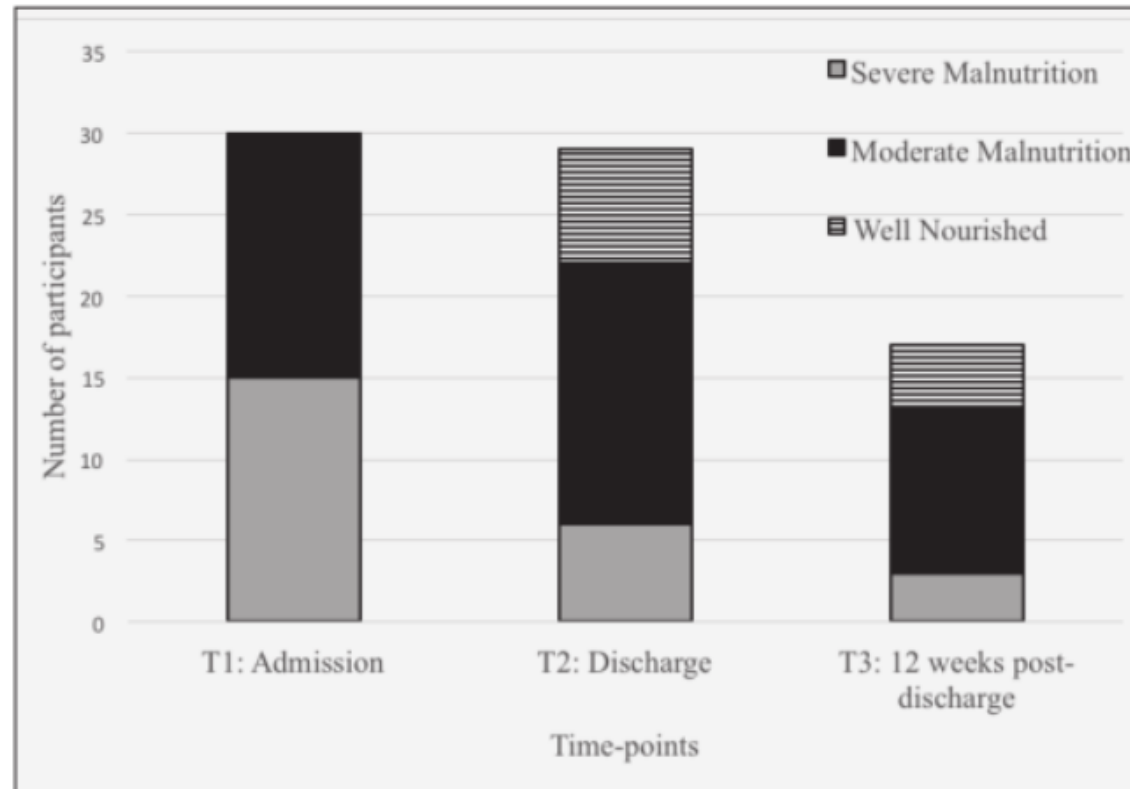
<https://www.thesun.co.uk/news/10872640/number-of-elderly-patients-admitted-to-hospital-with-malnutrition-rise-by-250-figures-reveal/>

Marshall, S., Young, A., Bauer, J., & Isenring, E. (2016). Malnutrition in Geriatric Rehabilitation: Prevalence, Patient Outcomes, and Criterion Validity of the Scored Patient-Generated Subjective Global Assessment and the Mini Nutritional Assessment..



# MALNOURISHED OLDER ADULTS ADMITTED TO REHABILITATION IN RURAL NEW SOUTH WALES REMAIN MALNOURISHED THROUGHOUT REHABILITATION AND ONCE DISCHARGED BACK TO THE COMMUNITY: A PROSPECTIVE COHORT STUDY

*S. Marshall<sup>1</sup>, A. Young<sup>2</sup>, J. Bauer<sup>3</sup>, E. Isenring<sup>4</sup>*



# Issue

Short-term nutrition care during rehabilitation admission is not sufficient for long-term nutrition outcomes for older inpatients.





# Patient- and Family Carer- Centred Care Model



<https://www.theguardian.com/world/2020/mar/13/experts-question-bupa-care-home-ban-on-most-family-visits>

<https://www.nursingtimes.net/clinical-archive/dementia/helping-family-carers-to-cope-with-dementia-11-07-2016/>



# Objectives

The primary outcome aimed to determine if the FREER intervention in malnourished older adults during and post-rehabilitation improve **nutritional status**, compared with the usual care.

Secondary outcomes evaluated physical function, quality of life, hospital and aged care admission post-discharge, family carer burden, and patient and family carer service satisfaction.



# Method



A pragmatic two-arm historically-controlled prospective pilot intervention study.

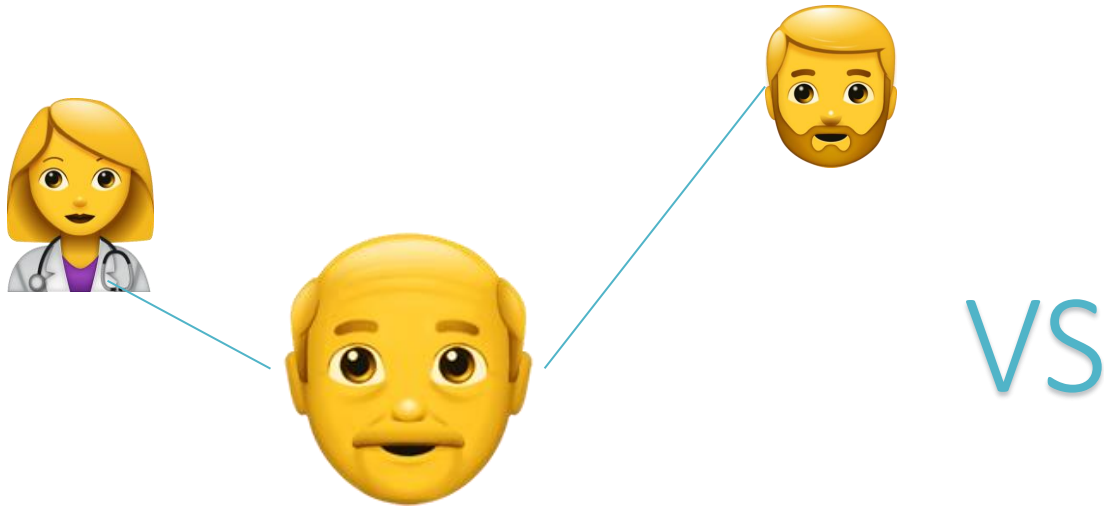


Rehabilitation unit in rural New South Wales, Australia.

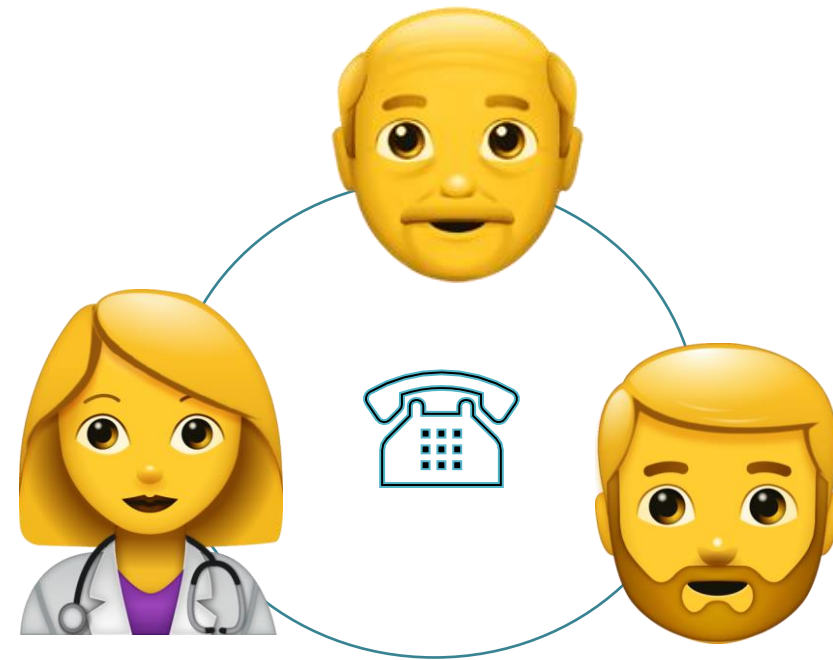


Older adults ( $\geq 65$  years)

# The FREER Intervention:



VS



## Historically Controlled group:

### Patient- centred care

1. Standard High Protein High Energy diet during admission.
2. Standard nutrition support.

## Intervention group:

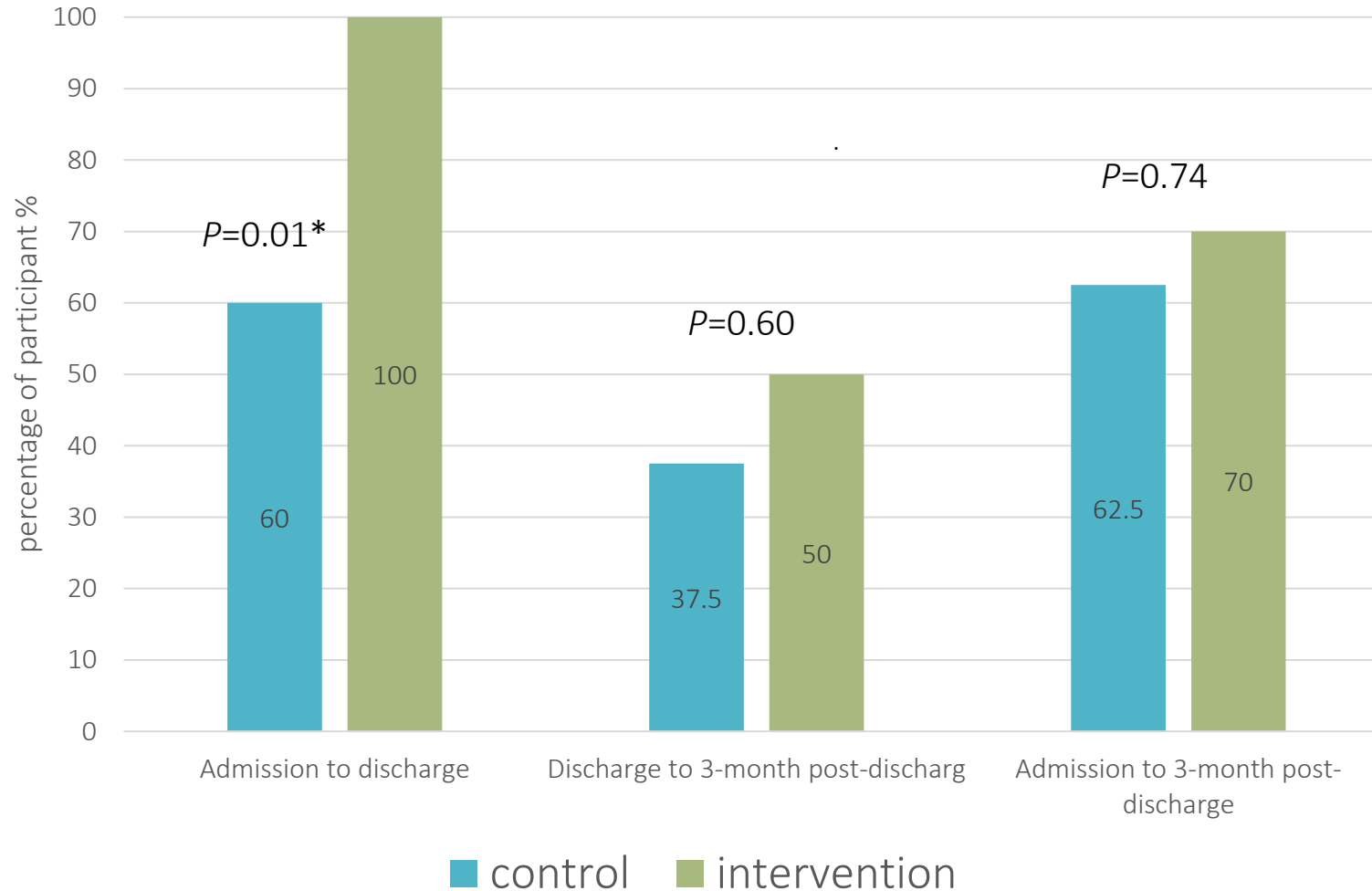
### Patient- and Family care- centred nutrition care using 3 strategies:

1. Nutrition counselling during rehabilitation admission
2. Telehealth follow-up during 3-month post-discharge
3. Provision of individualized education resources



# Finding 1: Nutrition Status

Improvement in Nutritional Assessment score Between two groups between timepoints



## Finding 2:

- More participants in the intervention group were discharged to the community (home or to family and friends), and fewer were institutionalised compared to the control group ( $p < 0.01$ ).



## Finding 3: Carer burden

- Little or no burden was reported to most of family carers pre and post the rehabilitation (>80%, n=10 at 3-month post-discharge).
- Participants (67%) and family carers (60%) reported a good or very good overall satisfaction with the intervention.





# Discussion & Recommendation

Positive impacts

Translation into practice

Inform a full RCT

Growing demand

Continuum of nutrition care policy

# Limitations

Study design: used historical control group.

Data collection was not blinded.

## Acknowledgement

Hannah Mayr: APD, Subject Convenor

Evelyn Rathbone: Bond Statistician

## Conflicts of interest:

None declared.

## Funding:

This research was fund by Bond University Faculty Grant

# Reference

Marshall, S., Young, A., Bauer, J., & Isenring, E. (2016). Malnutrition in Geriatric Rehabilitation: Prevalence, Patient Outcomes, and Criterion Validity of the Scored Patient-Generated Subjective Global Assessment and the Mini Nutritional Assessment. *J Acad Nutr Diet*, 116(5), 785-794. doi:10.1016/j.jand.2015.06.013

Marshall, S., Young, A., Bauer, J., & Isenring, E. (2015). Malnourished older adults admitted to rehabilitation in rural New South Wales remain malnourished throughout rehabilitation and once discharged back to the community: A prospective cohort study. *Journal of Aging Research & Clinical Practice*, 4, 197-204. doi:10.14283/jarcp.2015.72

Allen, D., Scarinci, N., & Hickson, L. (2018). The Nature of Patient- and Family-Centred Care for Young Adults Living with Chronic Disease and their Family Members: A Systematic Review. *International journal of integrated care*, 18(2), 14-14. doi:10.5334/ijic.3110

Thank You !  
Questions?