



We Are The Champions: Model for facilitation of an organisation-wide malnutrition strategy

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Aim: To utilise a Nutrition Nurse Champion Model in Western Health to assist in improving patient outcomes for components of an organisation wide Malnutrition strategy.

Method: The role of the Nutrition Nurse Champion was initiated by the Nutrition department in August 2016.

- 39 nutrition nurse champions have been recruited across adult acute and subacute wards.
- Champions promote and audit patient weighing, malnutrition screening and improving meal time preparedness.
- A grade 4 dietitian co-ordinates the champion group, providing central contact point, accountability for key tasks and motivation for the champions.
- A multimodal approach to communicating with champions has been adopted.
- Champion nutrition education is achieved via biannual Nutrition Study Days, with informal adhoc education as required.



Results:

- Patients weighed on admission to hospital has increased from 55% in November 2015 to 68% in August 2018 (target KPI 80%).
- Completion of the malnutrition screening tool on admission increased from 72% to 89% over the same period (target KPI 80%).
- Patients receiving adequate assistance with meals increased from 67% in the previous quarter to 73% in March-June 2018, exceeding state average 71.27% (Victorian Healthcare Experience Survey).
- 100% of Nutrition Nurse Champions (n=21) surveyed agreed or strongly agreed:
 - that their role was important in implementing the Western Health Malnutrition Strategy
 - they have a good understanding of key nutrition issues and that this had changed practice at the ward level.
- A proportion indicated additional ward support was required to meet designated KPIs particularly from senior nursing staff at ward level.

"Being a champion we can educate our colleagues about the importance of patient nutrition while in hospital."

Nutrition Nurse Champion

Significance of the findings to allied health:

The model adopted for Nutrition Nurse Champions demonstrated an effective interprofessional organisation-wide strategy for improving nutritional outcomes.

Future directions:

The model can be applied in other clinical domains e.g falls, pressure injuries with broader sharing of evidence. Further incentivisation such as advancing champions to a Clinical Nurse Specialist could be explored.