Timely Identification of Malnutrition in Long-term Care

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Purpose
The purpose of this project is to improve identification malnutrition in long-term care residents.

Process:
The Iowa Model of Evidence-Based Practice to Promote Quality Care

Synthesis of Evidence
• An estimated 490,000 - 700,000 residents affected nationwide2,3,4
• Associated with physical, psychological, and financial consequences5,6
• Strong correlation between malnutrition and increased morbidity and mortality7
• Prompt treatment reduces risk of adverse outcomes, and improves recovery times8

Implementation Strategies
May: • Gain IRB approval
June-July: • Stakeholder meetings
August: • Featured in Newsletter
September: • Implement Guideline
Sept-Dec: • Staff meetings
Sept-Dec: • Update stakeholders
Jan-March: • Integrate into workflow
Feb-March: • Disseminate April: • Evaluate

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Evaluation
Days until issue addressed: Before and After

Multidisciplinary & Multifactorial
• Screening
  • CNA utilization
  • Incorporating daily intake as an additional measurement
• Diagnosis
  • Registered Nurses conducting assessments
  • Early referral to PCPs
• Management
  • Weekly weights
  • PCPs conducting CGAs
  • More data available for dietician

Mean number of days from recorded wt. change till issue was addressed using the old and new systems, 38 and 12.5 days respectively.

Due to the relatively small sample size, the Wilcoxon-Mann-Whitney Test was used. Data by group (After, Before). Z = -2.5574, p-value = 0.009091

Site level Improvements:
• Increased awareness
• Identified areas for improvement
• More timely identification process
• Increased multidisciplinary collaboration
• Improved utilization of staff

Sustainability:
• Processes integrated into staff workflow
• No foreseen upfront costs
• Potential decrease in overall costs

Long-Term Care Population:
• Data potentially useful in improving outcomes for LTC patients

Dissemination:
• Following completion of the project and disclosure to the facility formal journal publication will be pursued

References

Acknowledgements
The authors acknowledge Dr. Andrew Gaeta, D.D.; Dr. Larry Newman, DNP, RN, AGNP-BC; Dr. Linda Hard, PhD; Rhonda Doolish, PhD; Elizabeth Held; and Heartland Care Center for their contributions to this project. There are no conflicts of interest.