

Basic Care Revisited – Nutrition

The Nursing Nutrition Intervention (NNI): At home and in hospital

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Introduction

Involuntary weight loss causing malnutrition among patients is associated with disease¹. Malnutrition is preventable and reversible in every health care setting, but is not sufficiently recognised by hospital and community nurses². To establish the effectiveness of the 'early nursing nutrition intervention' trials are proposed in three different settings, 1) outpatient clinics, 2) home care, and 3) hospital.

Intervention

All patients will be screened for malnutrition with the Malnutrition Universal Screening Tool (MUST). Patients in the intervention group, in the outpatient clinic and home care, who are being 'at risk for malnutrition' or being 'malnourished', receive a nutrition care plan, including nutritional drinks and energy and protein rich meals, tailored to individual patient requirements. In hospital, Nursing Rounds will be introduced, in which nurses systematically and routinely check that the patient is properly fed and hydrated.



3 exploratory trials			
	Study 1: NNI in outpatient clinic	Study 2: NNI in homecare	Study 3: NNI in hospital
Design	<ul style="list-style-type: none"> •Multicentre cluster RCT at the outpatient clinic •Data collection: <ul style="list-style-type: none"> - At the outpatient clinic - On admission to the hospital - At discharge from the hospital 	<ul style="list-style-type: none"> •A clustered exploratory trial in 6 nursing home care teams •Data collection: <ul style="list-style-type: none"> - At intake 30 days before admission to the hospital - Thereafter weekly until admission to the hospital or 30 days after discharge from the hospital 	<ul style="list-style-type: none"> •A cluster randomised controlled early trial in a hospital •Data collection: <ul style="list-style-type: none"> - Day 1/3/5 during admission - Thereafter weekly until discharge - At discharge from the hospital
Population	•150 patients visiting the outpatient clinics of two hospitals, planned for an operation	•150 community dwelling patients who are planned for a hospital admission within 30 days, or who are discharged from the hospital in the last 30 days	•200 hospitalised patients: 6 wards: 2 surgical wards, 3 general wards, and a geriatric ward
Outcomes	Primary: BMI (Body Mass Index: kg/m ²), nutritional intake Secondary: Duration of admission, readmissions to the hospital, health-related quality of life (EQ-5D) satisfaction with care (CQ) and an evaluation of the costs and process		

Results

1. Effects of 'basic care' nursing interventions on malnutrition: patients are well fed.
2. Prevention of disease or delayed recovery from malnutrition.
3. Prevention of prolonged length of stay in an healthcare institution or unplanned readmission.
4. Prevent decrease of quality of life through malnutrition.

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