

Impact of good nutrition and hydration on pressure ulcer prevention and care

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NHS QUEST PMO

#stopthepressurelincoln

NUTRITION AND HYDRATION IN THE PREVENTION AND TREATMENT OF PRESSURE ULCERS

DEVELOPING HIGHLY RELIABLE NUTRITIONAL CARE



Ailsa Brotherton
BAPEN Secretary

British Association for Parenteral and Enteral Nutrition

A multi-disciplinary charity committed to raising awareness of malnutrition and options for nutritional treatment, along with consequent impacts on health outcomes, resource utilization, and health & social care budgets.



BAPEN

Malnutrition Matters

Malnutrition in the UK

PHYSICAL

Disease related
malnutrition

Mobility

Feeding

Swallowing

Low activity

Decreased
organ reserve

Specific
disease

Multiple drugs
(taste)

Alcohol



PSYCHOLOGICAL

Depression/bereavement

Dementia

SOCIAL

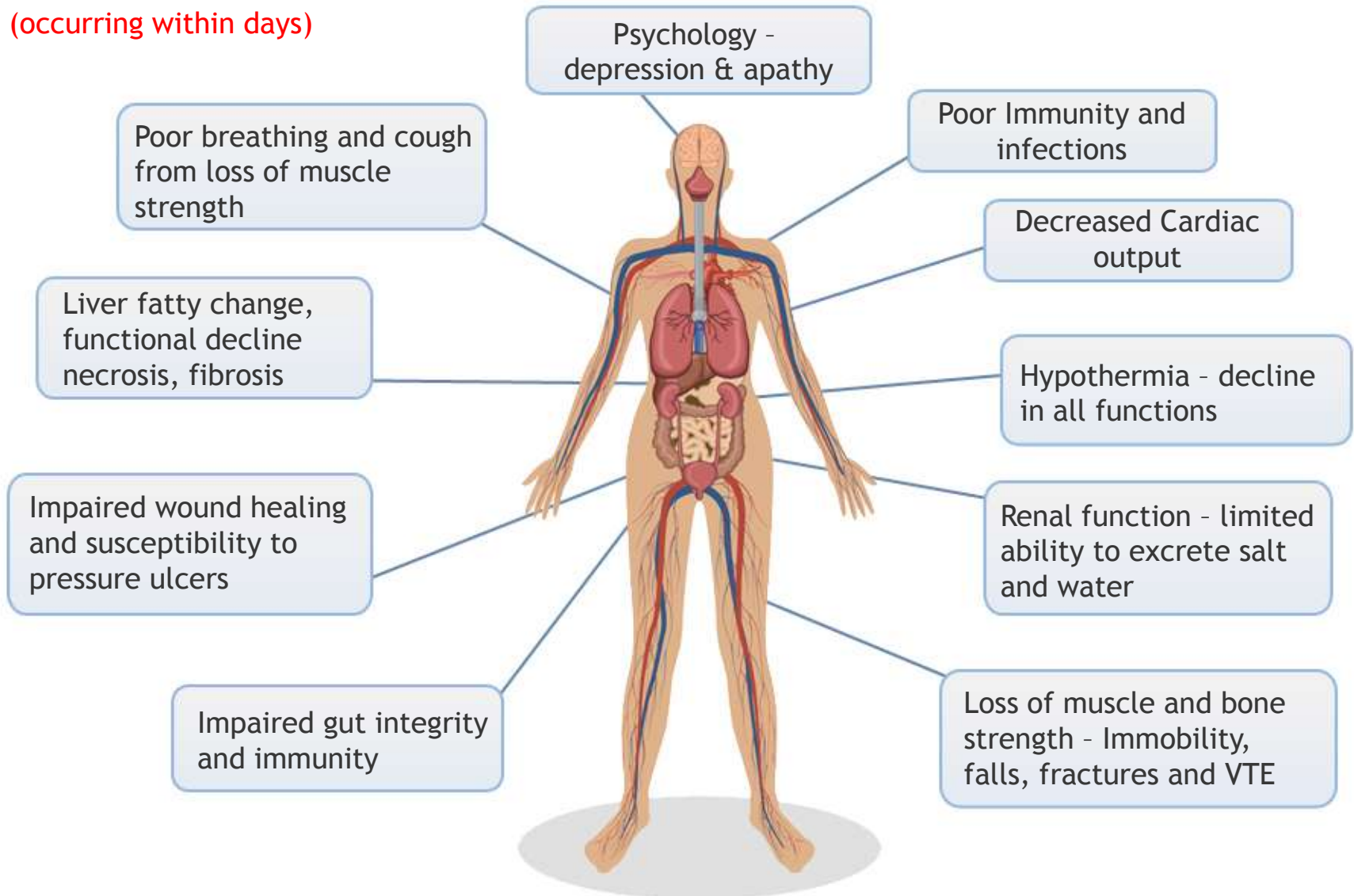
Isolation

Poverty

Consequences of Malnutrition

(occurring within days)

Malnutrition is both a cause and a consequence of disease



PRIMARY CARE

- ↑ Dependency
- ↑ GP visits
- ↑ Prescription costs
- ↑ Hospital admissions

SECONDARY CARE

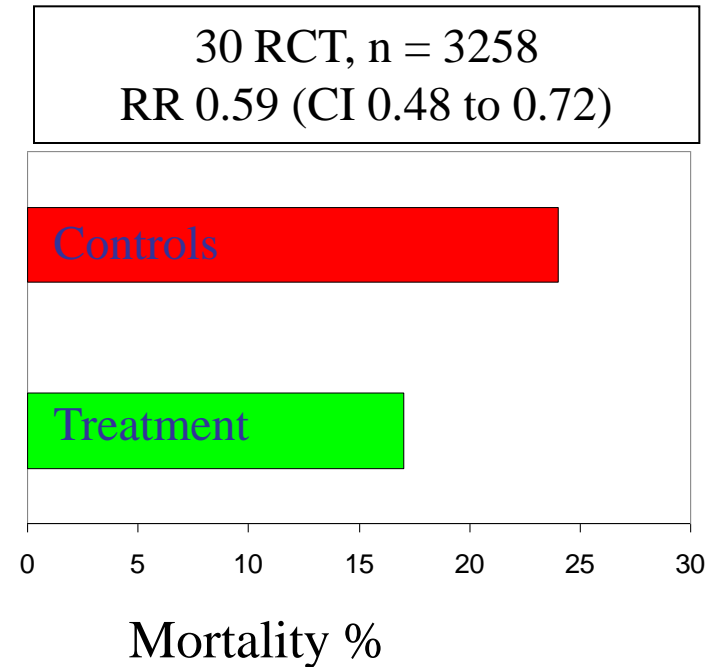
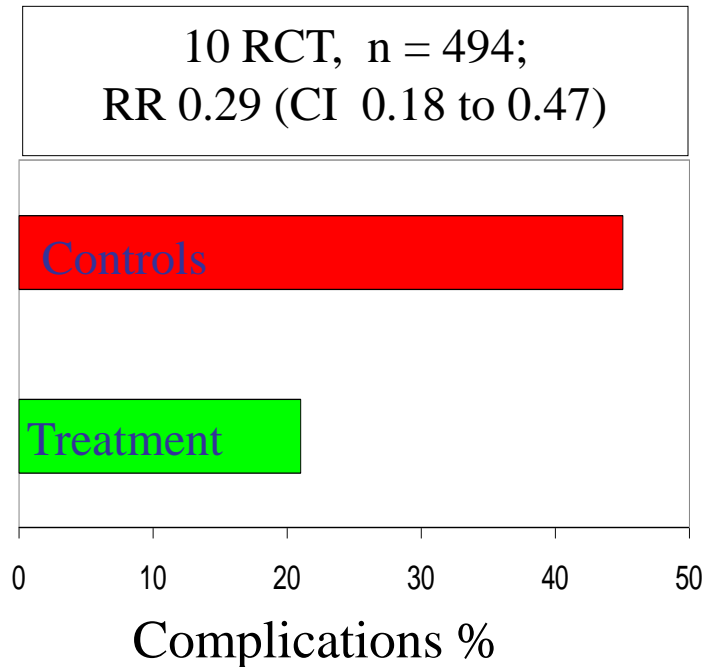
- ↑ Complications
- ↑ Length of stay
- ↑ Readmissions
- ↑ Mortality

The Malnutrition Carousel



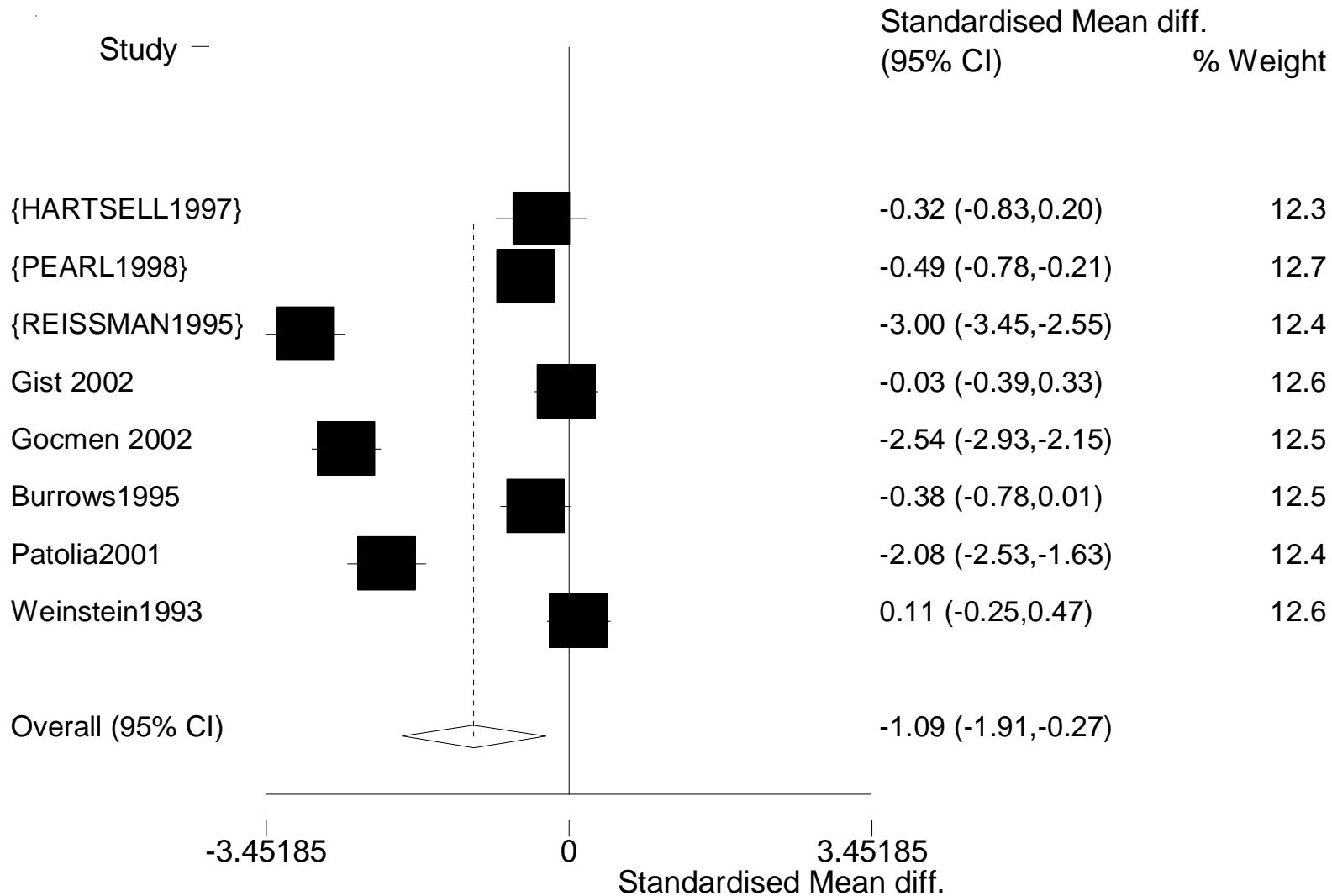
Nutrition support in adults 2006

The effectiveness of Nutrition Support (Stratton et al)



>70% reduction in complications and
>40% reduction in mortality

NICE ONS and length of stay



PRODUCTIVITY

FINANCIAL COSTS

Public expenditure
associated with disease
related malnutrition
2003 - >£7.3 billion p.a

2007 - >£13 billion p.a.

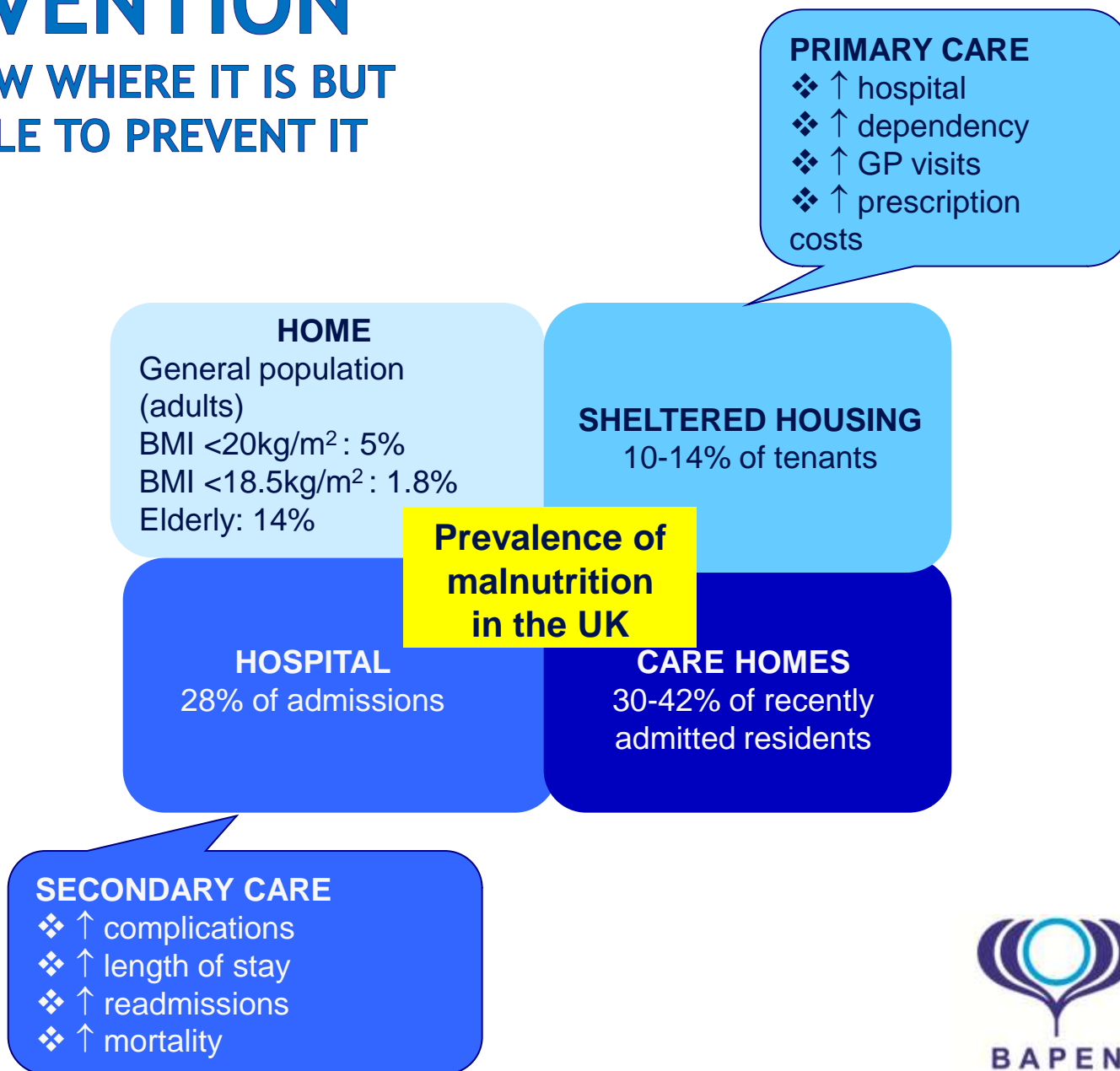
2013 - ??
Costs being recalculated

Over 3 million individuals malnourished
or at risk of malnutrition in the UK

NICE Cost Saving Guidance places malnutrition as
a potential large cost saving to the NHS

PREVENTION

WE KNOW WHERE IT IS BUT
DO LITTLE TO PREVENT IT



BAPEN

Advancing Clinical Nutrition

The Challenge:

We know what excellent nutritional care looks like

WE NEED HIGHLY RELIABLE SYSTEMS THAT WORK ACROSS ALL HEALTH SETTINGS



The BAPEN Toolkit for Commissioners & Providers 2010



BAPEN
Advancing Clinical Nutrition

Malnutrition Matters Meeting Quality Standards in Nutritional Care

Ailsa Brotherton, Nicola Simmonds
and Mike Stroud
on behalf of the
BAPEN Quality Group



THE FOUR BASIC TENETS OF GOOD NUTRITIONAL CARE

- 1) Identify those with malnutrition or risk of malnutrition by screening e.g. BAPEN's MUST Tool and assessment as appropriate
- 2) Implement 'individualised' care pathways for the malnourished and those at risk, appropriate to the care setting
- 3) Provide training for all care staff on the importance of nutritional care appropriate to setting, profession and responsibilities
- 4) Ensure multidisciplinary structures to manage and monitor nutritional care

...but we struggle to deliver these reliably

THE CHALLENGE : TO ORGANISE THE DELIVERY OF GOOD NUTRITIONAL CARE IN A HIGHLY RELIABLE WAY

- ⊙ **Reliability is not** about what clinical care should be given
- ⊙ **Reliability is about the process** of ensuring patients get best care consistently



‘Every patient, every setting, every day’

Local Improvement:



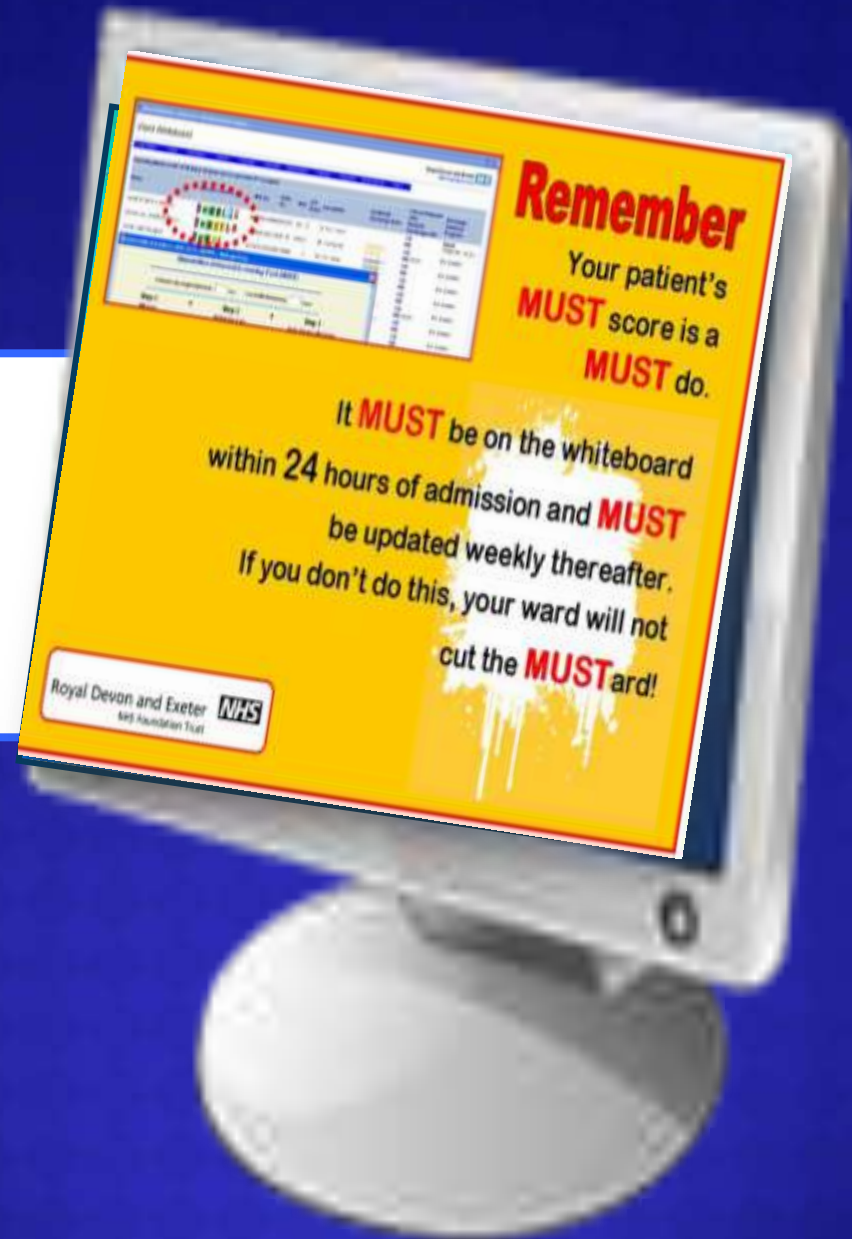
Using standards and guidelines to drive quality improvements in nutritional care

- Use the BAPEN toolkit which simplifies the plethora of standards and guidelines for improving nutritional care
- Design systems based on the four tenets of nutritional care
- Embed good nutritional care into everyday work flow
- Use evidence based tools and e-learning to support front line staff
- Work across organisational boundaries to ensure seamless nutritional care
- Ensure Trust Board Level engagement
- Identify a BAPEN rep in your organization

Royal Devon and Exeter
NHS Foundation Trust
have designed a highly
reliable electronic system
for nutrition screening
using 'MUST'

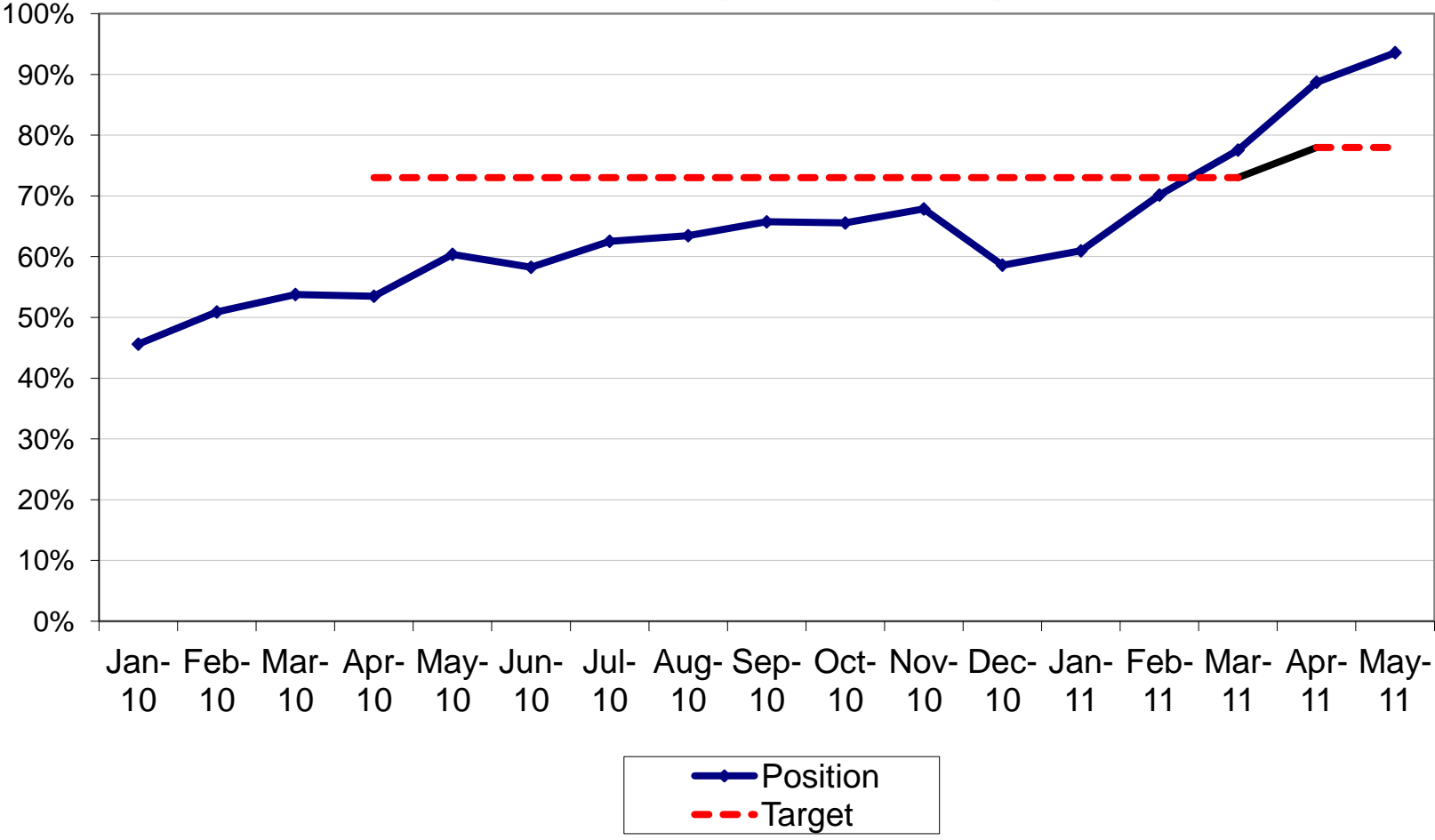
MUST Compliance

Mark Bellas
Divisional Lead Nurse
Critical Care/T&O



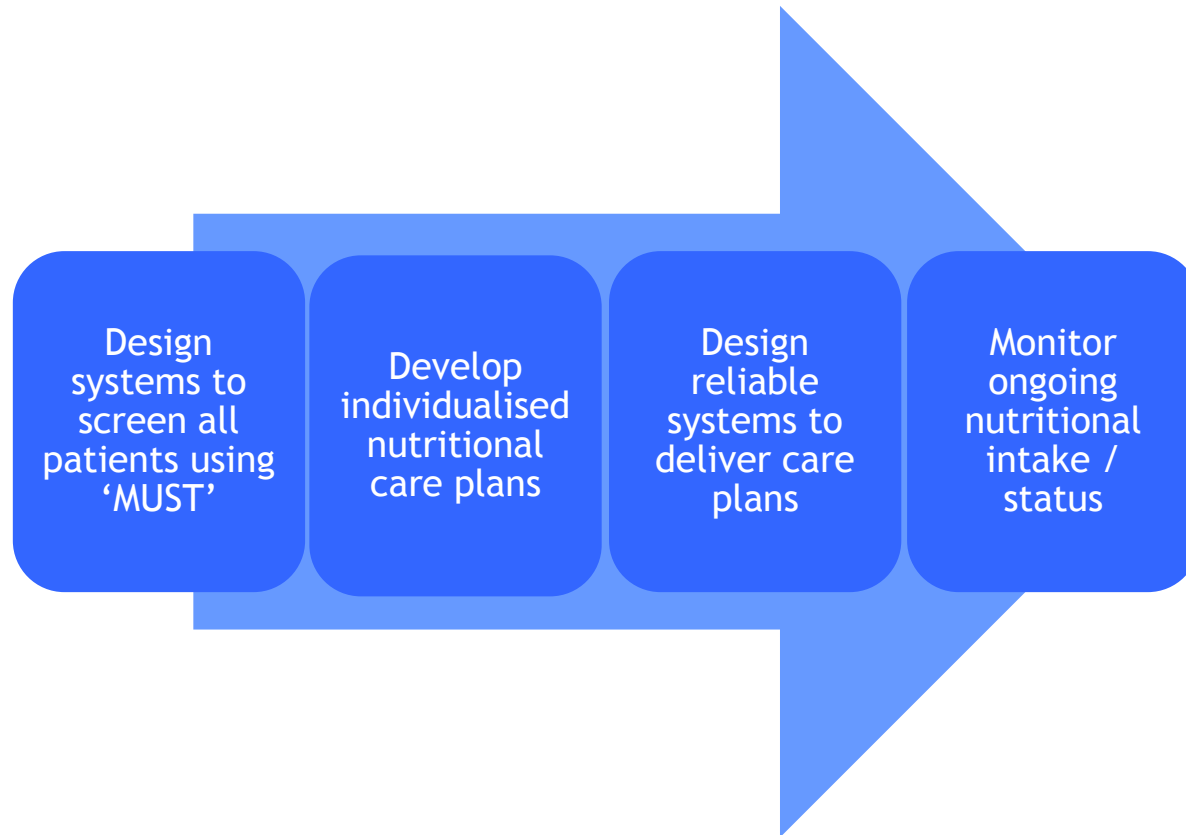
Trajectory Results Trust-wide

General Compliance with MUST Screening at Weekly Review



IMPROVEMENT WORK: DESIGNING RELIABLE SYSTEMS

Screening alone is not enough



CALL TO ACTION

Now is the time to deliver good nutritional care in the UK to deliver 'harm free' and eliminate avoidable pressure ulcers.

THANK YOU

“You may never know what results come of your action, but if you do nothing there will be no result”

Mahatma Gandhi