Oral Nutritional Supplements and Nursing Documentation

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Oral Nutritional Supplements: The Benefits with Medication Pass

Seana Rivera RN, BSN
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Studies show link between malnutrition and lengthened hospital stay, morbidity, and mortality

Many acute and chronic diseases predispose patients to under nutrition (diabetes, cancer, diseases of malabsorption, cardiovascular, pulmonary diseases, and renal)

Oral nutritional supplements have been shown to be important in minimizing under nutrition experienced in the inpatient setting.
Does offering the malnourished adult medical-surgical patient oral nutritional supplements (ONS) in a smaller volume with medication pass improve the patient’s acceptance and ingestion of recommended nutrition versus the current practice of administering ONS at meal times?
Knowledge v. Problem

According to the IOWA Model of Evidence-Based Practice to Promote Quality Care, the literature suggests that oral nutritional supplement research is considered new research and has been identified as a clinical problem.
Search engines: PubMed, EBSCO, CINAHL

Key Words:
- Nutritional supplements and patient acceptance
- Disease-related malnutrition
- ONS and med rounds
- Nursing interventions for under nutrition
- Inpatient oral supplementation

Findings: The literature suggests that in healthcare today, malnourished inpatient hospitalized patients is becoming a widespread problem resulting in adverse health outcomes. ONS have been shown to be effective in ensuring nutritional status. Studies in the form of random controlled trials have shown the benefits of ONS at medication pass in a smaller volume with higher calorie content.
## EVIDENCE

<table>
<thead>
<tr>
<th>STUDY (Author, Study Name, Journal, Year)</th>
<th>METHODS</th>
<th>SETTING/POPULATION</th>
<th>INTERVENTION</th>
<th>OUTCOME MEASURES</th>
<th>FINDINGS</th>
<th>LEVEL of EVIDENCE</th>
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<tbody>
<tr>
<td>Van den Berg, G., Lindeboom, R., &amp; Van der Zwet, W. &quot;The effects of the administration of oral nutritional supplementation with medication rounds on the achievement of nutritional goals: A randomized controlled trial.&quot; 2014</td>
<td>-RCT: 234 malnourished inpatients -Usual care group offered ONS in between meals vs. intervention groups offered ONS with medication passes</td>
<td>-234 malnourished hospitalized patients</td>
<td>Group 1: received 125 mL of ONS twice a day with med passes at 1200 &amp; 1700 Group 2: received 62 mL of ONS QID at 0800, 1200, 1700, &amp; 2000</td>
<td>-Percentage of patients who consumed at least 75% of the prescribed volume of ONS</td>
<td>-There was no difference observed between the control group and intervention group 1, but the percentage of patients consuming at least 75% of the prescribed ONS was higher in intervention group 2 -The increased frequency of lower volume of ONS during medication passes increases compliance</td>
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<td>Lombard, K., van Stein, J., Schuur, T., Kuhn, M., Rows, C., Huirink, E.L., van der Hooft, C., &amp; van Asselt, D. &quot;Compliance of energy dense, small volume oral nutritional supplements in the daily clinical practice on a geriatric ward- an observational study.&quot; Journal of Nutrition Health Aging, 201</td>
<td>-Patients received either ED-ONS (125 mL, 2.4 kcal/mL) or standard ONS (S-ONS; 200 mL, 1.5 kcal/mL) as part of their daily routine care -undernourished or at risk of undernutrition geriatric inpatients</td>
<td>-Providing a lower volume, higher calorie ONS (ED-ONS 125 mL, 2.4 kcal/mL) drinks to patients as opposed to standard ONS</td>
<td>-weight of returned bottles</td>
<td>-Decreased volume &amp; higher energy density ONS leads to increased compliance in acutely ill geriatric inpatients</td>
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<td>Joanna Briggs Institute. “Nursing Interventions to minimize undernutrition in older patients in hospital.” Nursing Standard. 2008</td>
<td>Information reviewed from best practices and synthesized.</td>
<td>Undernourished adult inpatients.</td>
<td>Nursing Interventions synthesized from evidence found by other research and found to be in best practice.</td>
<td>The studies showed that the lack of appetite and the unpleasant appearance of the supplement were amongst the highest reasons for non-compliance. The nurse’s role in ensuring that nutritional intervention is completed and critical to success. Nutritional consults should be placed upon admission.</td>
<td>The main findings were that significant improvements in older patients’ nutritional status occurred with oral supplement intervention being amongst the most successful.</td>
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Currently, oral nutritional supplements are ordered by an LVHN Nutritionist and are delivered on a patient’s meal tray each day. Nurses have little to no involvement. No documentation is required regarding consumption or education.
IMPLEMENTATION

- Early stages: communicated importance of project with staff members and the expected course of project implementation.
  - Met with director of 7A Holly Tavianini and Melissa Faura from Dietary.

- Phase One: Measurement of current practice regarding ONS with meals. Completed from June 7th-June 21st.

- Phase Two: Measurement of changed practice; ONS with medication pass. Completed from July 17th-July 31st.
Documentation Requirement:
Phase One

Nutritional Supplementation with Meal Pass

Please Place Patient Label Here
Date:

Please complete the following questions:

1. What type of oral supplement is prescribed for this patient?

2. Did the oral supplement arrive with meal tray? YES or NO

3. What percentage of the actual meal was consumed?
   < 15%  15%  25%  50%  75%  100%

4. Did the patient consume the supplement? YES or NO
   If yes, what amount was consumed, please circle
   < 15%  15%  25%  50%  75%  100%

5. Did the patient ask to keep the supplement for a later time? YES or NO
   If yes, did they take the supplement during your shift?
   Amount?

6. If supplement was refused, did the patient give a reason? YES or NO
   Please list reasons/comments made by patient:

7. Did the Nurse ask the patient if he/she liked the supplement? YES or NO

8. Did the Nurse provide any education on the importance of the oral supplement? YES or NO
Nutritional Supplementation with Medication Pass

Please Place Patient Label Here

Date:

Please complete the following questions:

1. What type of oral supplement is prescribed for this patient?

2. Was the supplement offered during Medication Pass? YES or NO

3. Did the patient consume the supplement? YES or NO
   If yes, what amount was consumed, please circle
   < 15%  15%  25%  50%  75%  100%

4. If supplement was refused, did the patient give a reason? YES or NO
   Please list reasons/comments made by patient:

5. Did the Nurse ask the patient if he/she liked the smaller volume offered? YES or NO

6. Did the Nurse provide any education on the importance of the oral supplement? YES or NO
Practice Change

- Oral nutritional supplements will be given with each medication pass by the nurse in a smaller volume of 2 oz.
- Nurse will complete a form for each patient documenting compliance/refusal, type of supplement, amount consumed, reason for refusal, and if any education was provided.
## RESULTS

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<th>Phase One</th>
<th>Phase Two</th>
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| ❖ Out of 15 patients surveyed, 4 patients completely refused their ordered supplement. However, they all completed 100% of their meal.  
❖ 6 out of the 15 patients consumed less than 25% of the supplement and advised their nurse that the supplement was “too much”, “tasted like chalk”, “it’s too warm”, and “just don’t like it.”  
❖ Only 2 patients consumed 100% of their meal and 100% of the supplement.  
❖ 3 patients consumed 100% of the supplement, but only a small portion of their meal.  
❖ 9 out of the 15 nurses provided education to their patients. | ❖ Out of 10 patients surveyed, 7 patients consumed 100% of their oral supplement with medication pass.  
❖ 1 out of the 10 patients completely refused the supplement due to taste.  
❖ 2 out of the 10 patients finished a portion of the supplement but did not consume the entire 2 ounces for unknown reasons.  
❖ 5 out of the 10 patients commented that the smaller volume of ONS was more tolerable.  
❖ All nurses completed education regarding the benefits of ONS. |
Implications for LVHN
Strategic Dissemination of Results

- PLAN for DISSEMINATION
Lessons Learned
References


Make It Happen

- Questions/Comments:

Contact Information: