

## The Current Situation:

*45% of patients who fall in the hospital have malnutrition,<sup>1</sup> which is significantly associated with reduced mobility.<sup>2</sup>*



## Collaborative Leadership

*How can you and your care team reduce the incidence of falls?*

Work together with peer clinicians to incorporate nutrition therapy into your system's fall prevention policies and procedures.

- Nutrition intervention is associated with weight gain and reduced frailty.<sup>3</sup>



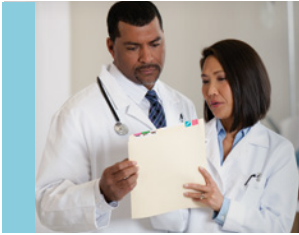
## Nutrition Intervention

*Rapid nutrition intervention is important to your patients' recovery.*

Nutrition care has been shown to positively affect patients' nutritional status, thus reducing the risk of falls. Some specific evidence-based guidelines from ESPEN\* are:

- In frail elderly, use oral nutritional supplements to improve or maintain nutritional status.<sup>4</sup> (Strength of Evidence A)
- In geriatric patients after hip fracture and orthopedic surgery, use oral nutritional supplements to reduce complications.<sup>4</sup> (Strength of Evidence A)

\*ESPEN = European Society for Clinical Nutrition and Metabolism



## Enhanced Procedures

*How can your hospital's procedures be enhanced to help reduce the incidence of falls?*

### 1 Recognize and diagnose *all* patients at risk of malnutrition

- Identify patients at risk of falling within 24 hours with facility-specific screening tools, like the Malnutrition Screening Tool.
- Utilize and maximize your nutritional screening process to help identify patient targets.

### 2 Rapidly implement nutrition interventions and continue monitoring your patients

- Enhance policies to include automatic nutrition intervention for patients at risk of malnutrition.

### 3 Develop a discharge plan for patient nutrition care and education

- Empower nurses to provide patient education, outpatient instructions, and other resources for continued compliance with the nutrition care plan post-discharge.<sup>5</sup>

Visit ***malnutrition.com*** for more information on the simple steps to help reduce the incidence of falls.

References: 1. Bauer JD, et al. *J Hum Nutr Diet.* 2007;20:558-564. 2. Vivanti A, et al. *J Nutr Health Aging.* 2011;15:388-391. 3. University of Texas at Austin School of Nursing, Family Nurse Practitioner Program – Academic Institution 2006. 4. Volkert D, et al. *Clin Nutr.* 2006;25:330-360. 5. Jensen M, Hesseve IB. *Nutrition.* 1997;13:422-430.