The Current Situation:
Malnourished patients are significantly more likely than well-nourished patients to experience hospital readmissions.¹-⁴

Collaborative Leadership

How can you and your care team reduce the number of avoidable readmissions?

Collaborate with peer clinicians to identify patients at risk of readmissions and take an active role in nutritional care from admission through discharge.

- 30-day readmission rates decreased from 16.5% to 7.1% after instituting of a comprehensive nutrition pathway from inpatient to post-discharge.⁵

Nutrition Intervention

Rapid nutrition intervention is important to your patients’ recovery.

Nutrition care has been shown to improve patient outcomes:

- Patients who received oral nutritional supplements in addition to dietary counseling experienced significantly fewer readmissions (26%), versus dietary counseling alone (48%).⁶

- Patients who received oral nutritional supplements, in addition to food for 6 weeks, experienced significantly lower readmissions (29%), versus food alone (40%).⁷
Enhanced Procedures

How can your hospital’s procedures help reduce avoidable readmissions?

1. Recognize and diagnose all patients at risk of malnutrition
   - Identify patients at risk of readmission 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 standing orders to include automatic nutrition intervention for patients at risk of malnutrition.
   - Promote teamwork between nutrition services and nursing to educate patients on the benefits of nutrition.

3. Develop a discharge plan for patient nutrition care and education
   - Create a discharge plan that includes nutrition education and instructions.

Visit malnutrition.com for more information on the simple steps to help reduce the rate of avoidable readmissions.

References: