

## The Current Situation:

*Malnourished patients are significantly more likely than well-nourished patients to experience hospital readmissions.<sup>1-4</sup>*



## 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.<sup>5</sup>

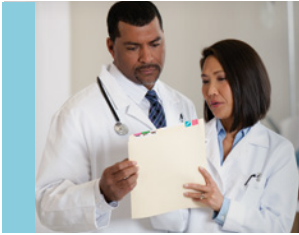


## Nutrition Intervention

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



## 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:** 1. Tackling Malnutrition: Oral Nutritional Supplements as an integrated part of patient and disease management in hospital and the community. A summary of the evidence base. *Medical Nutrition International Industry*, July 2010. 2. Mudge A, et al. *J Hosp Med*. 2011;6:61-67. 3. Friedmann J, et al. *Am J Clin Nutr*. 1997; 65:1714-1720. 4. Vecchiarino P, et al. *Heart Lung*. 2004;33:301-307. 5. Brugler L, et al. *Jt Comm J Qual Improv*. 1999;25:191-206. 6. Norman K, et al. *Clin Nutr*. 2008;27:48-56. 7. Gariballa S, et al. *Am J Med*. 2006;119:693-699.