

Use and Evidence of the Undernutrition Service Northern Health and Social Care Trust Northern Ireland Patients in Primary Care

Presented By Fiona Hegarty
Prescribing Support Dietitian

on behalf of
Marie Claire Kane,
Prescribing Support team lead
September 2019



*"To deliver excellent integrated services in
partnership with our community"*



Excellence



Openness & Honesty



Compassion

Regional Prescribing Support Dietetic Team

- Member of Medicines management team
- Prescribing Support Dietitians and Prescribing Support Assistants
- Teams in each trust area



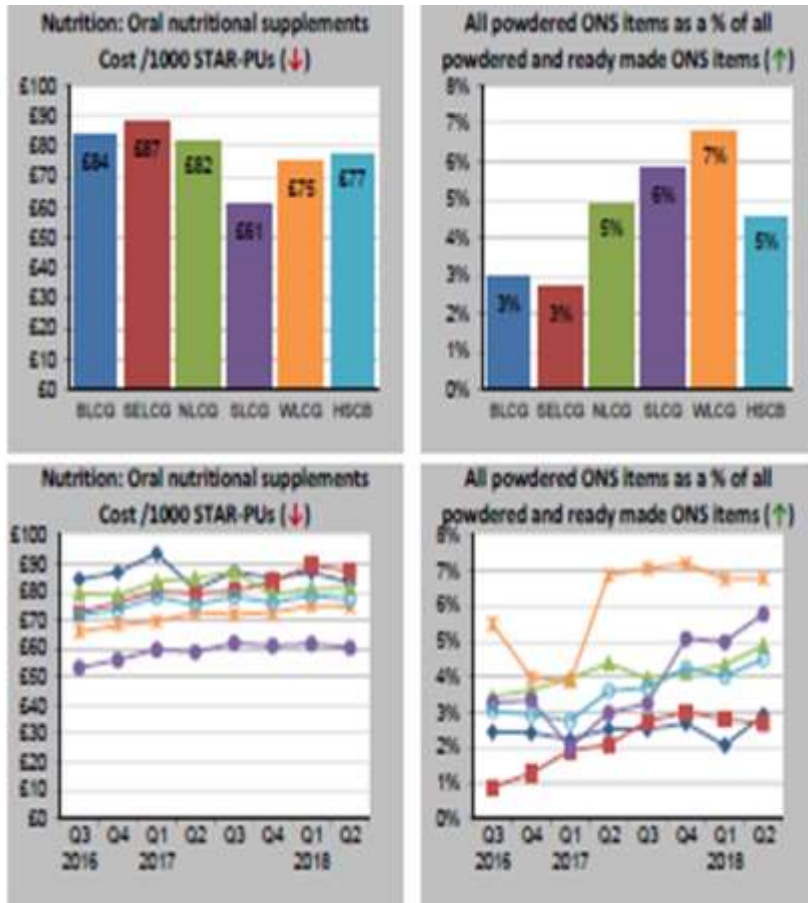
Aim of Prescribing Support Team



- To promote safe and effective prescribing of oral nutritional supplements
- To achieve positive clinical outcomes for patients and service users
- Where clinically appropriate to address prescribing costs of ONS
- Develop and provide educational resources: Regional PGN resources, Nutritious drinks

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Regional Prescribing Support Dietetic Team



HSCB, Pharmacy Information Team,
Provide a list of GP's top spend on ONS



Prescribing Support Assistant (PSA)
along with Pharmacy Advisor offer
service to the practice



PSA attends practice and undertakes a
search of patient prescribed ONS
implementing exclusion criteria as
necessary



A final list of patients will be left for the
dietitian – DOM and care home visits
along with clinics

Key Partners

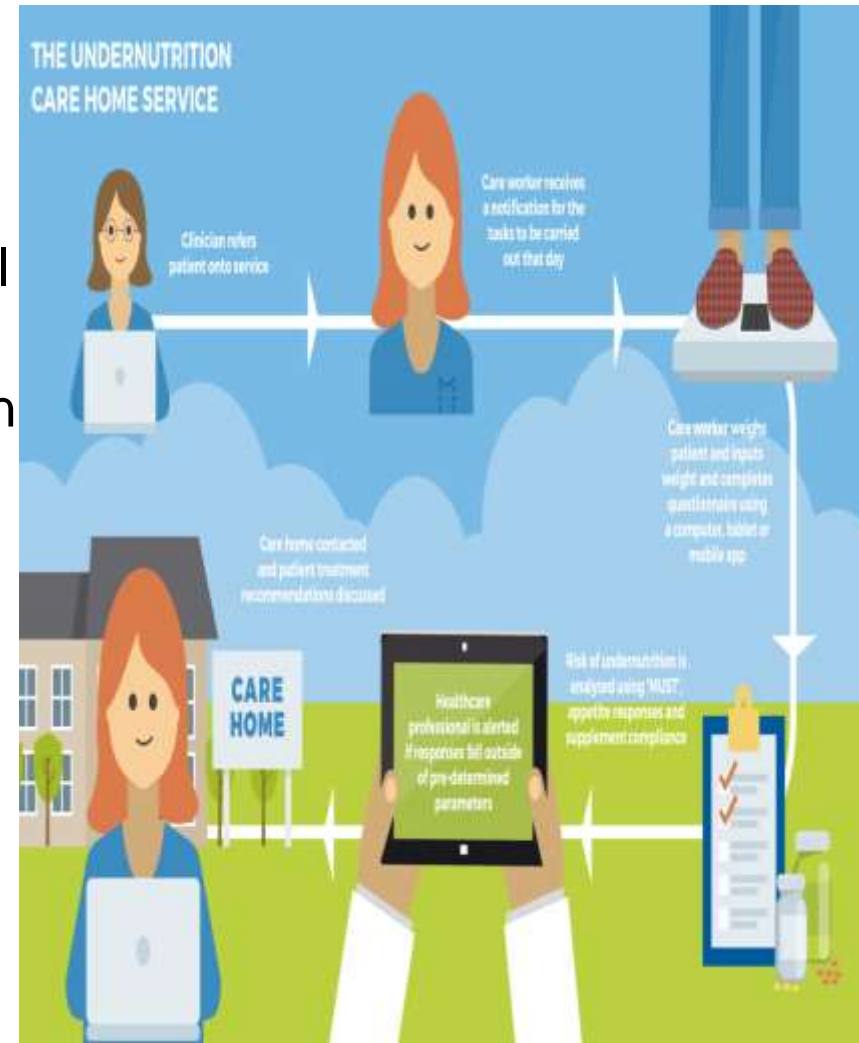


- Patient/service users(PPI)
- Pharmacy colleagues
- General Practitioners
- Nursing Home/Care Home staff
- HSCT Dietetic colleagues
- District Nursing colleagues

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In health – The Journey So Far

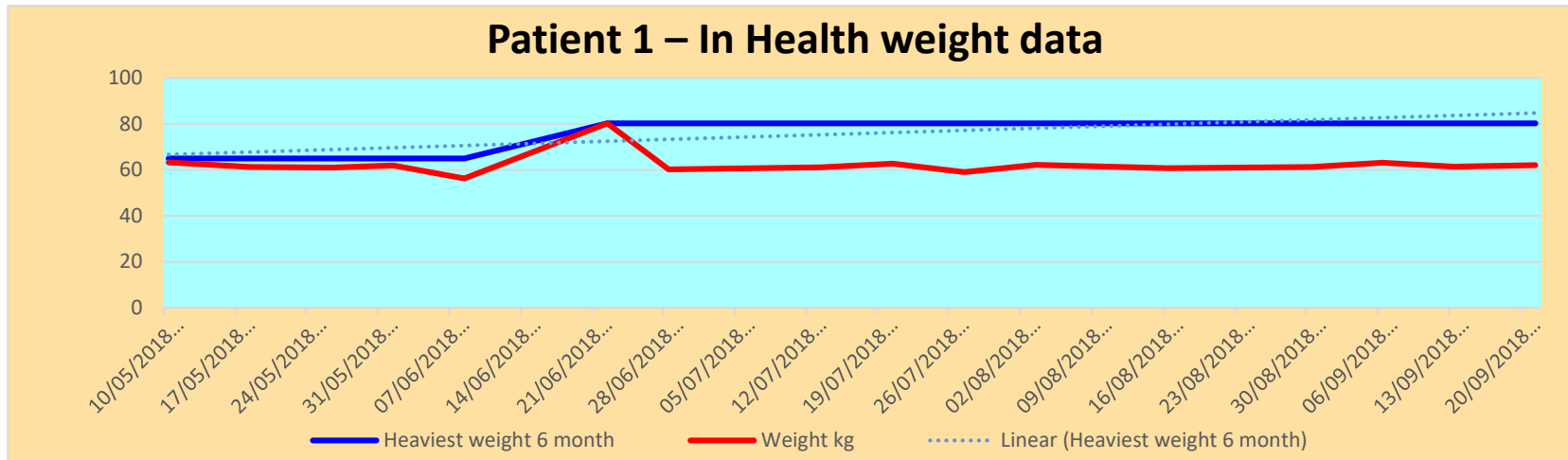
- Pilot of in health carried out in Private Nursing home in NHSCT
- Marie Claire Kane, NHSCT-Led Regional Prescribing Support Dietetic Team.
- Cohort of 10 patients in the undernutrition category
- Assessed and reviewed May-Sept'18
- Patients were weighed weekly
- Dietetic review combined face and face consultations and in health monitoring



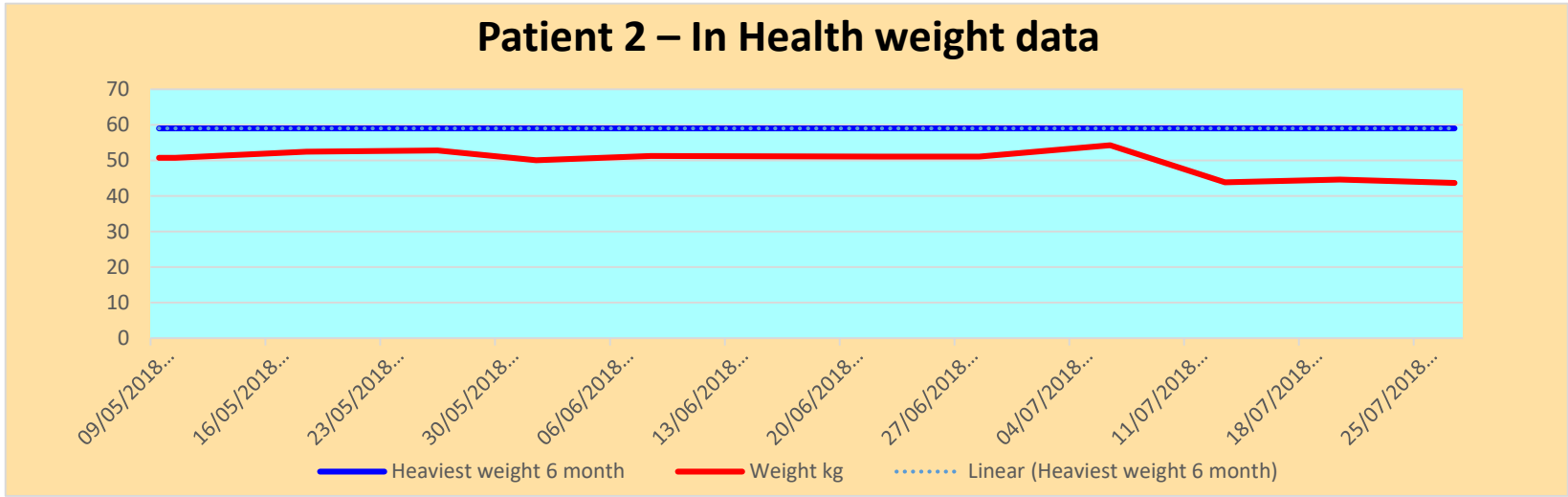
Outcomes



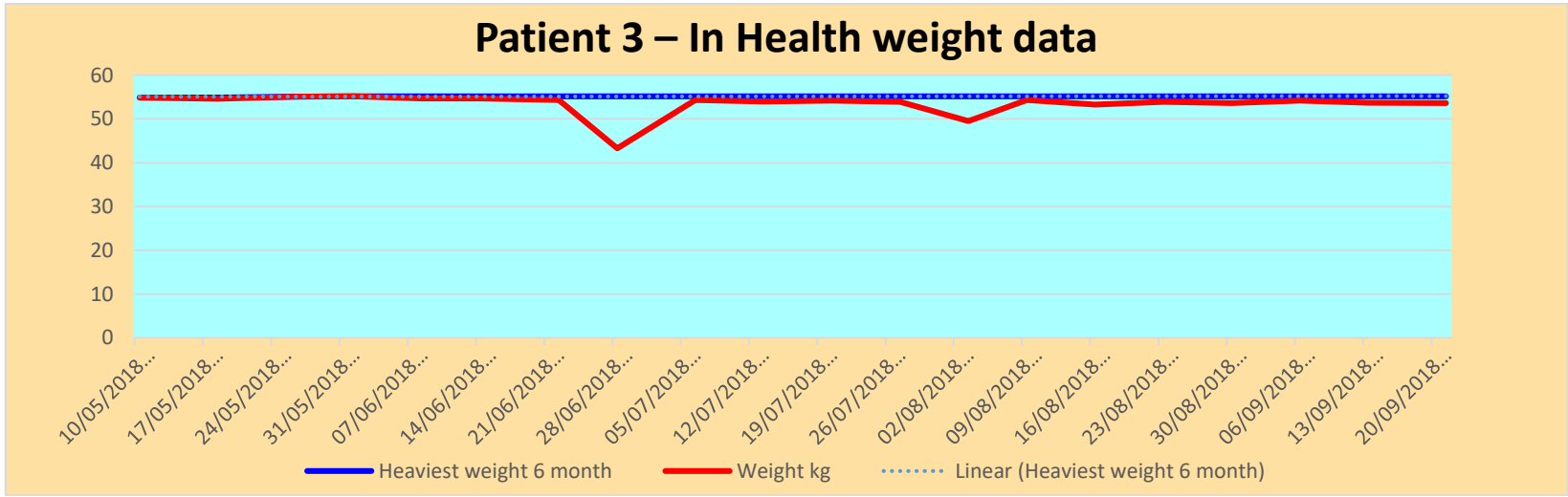
- Reduction in travel time of approximately 136 miles
- Oral nutritional supplement amendment efficiencies £6,250.00
- Nutritional outcomes:

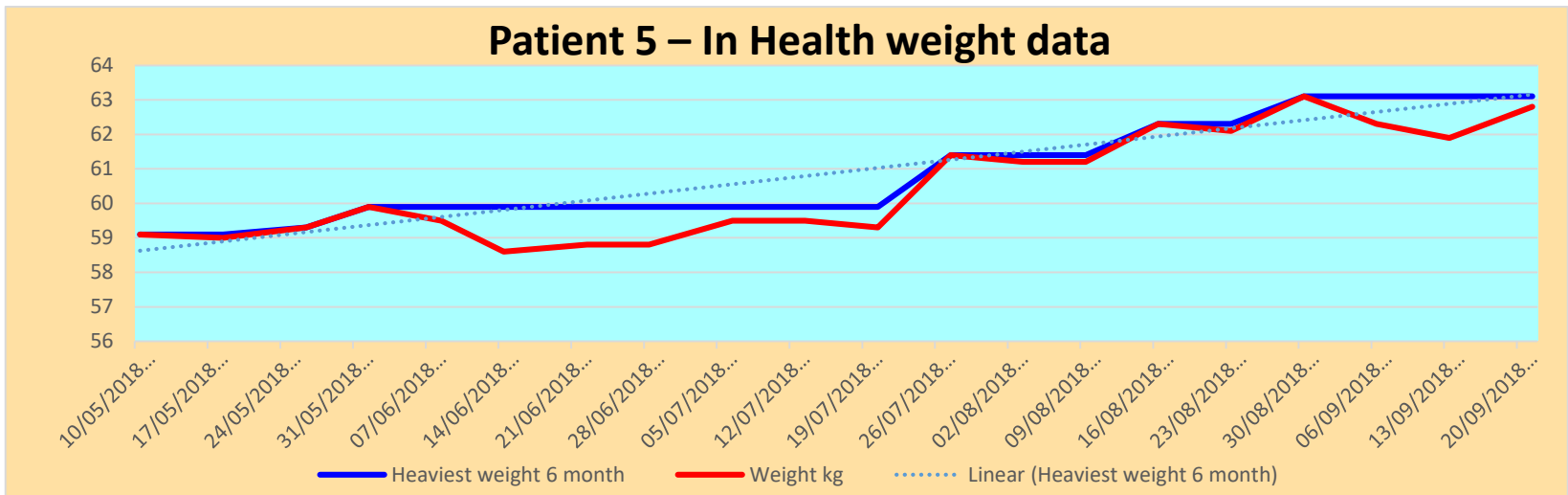
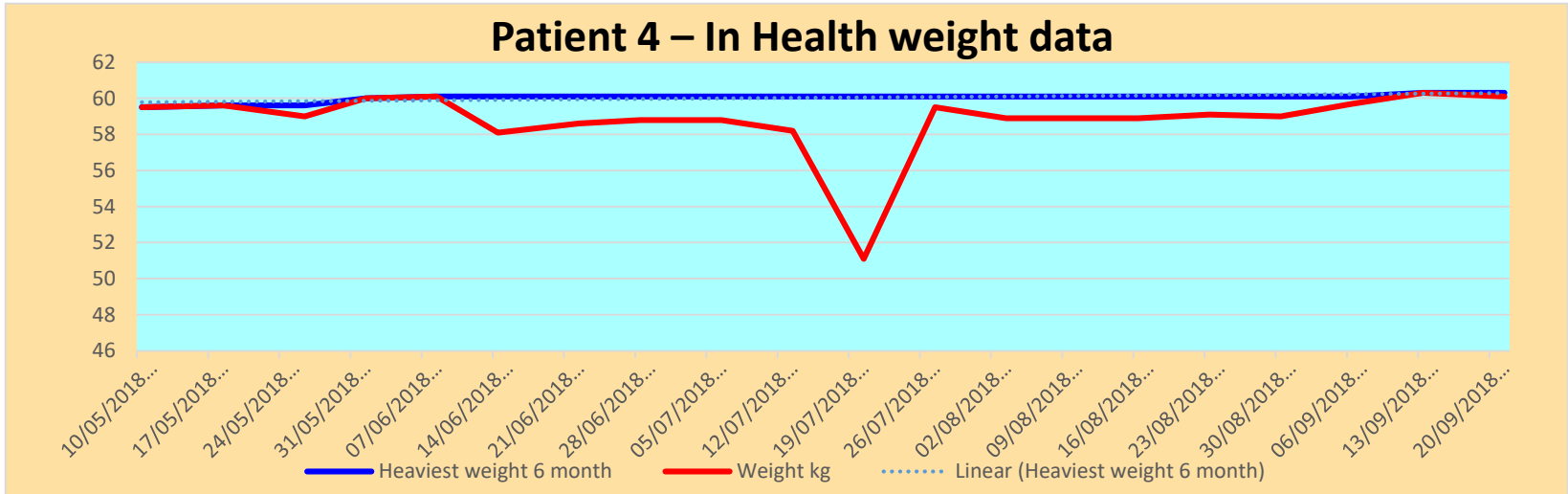


Patient 2 – In Health weight data



Patient 3 – In Health weight data





NHSCT Nursing Home Project

- MORE project
- Two nursing homes – 58 patients in total
- Undernutrition service set up and training provided
- Prescribing Support Assistant (PSA) support in set up and monitoring – Developed pathway

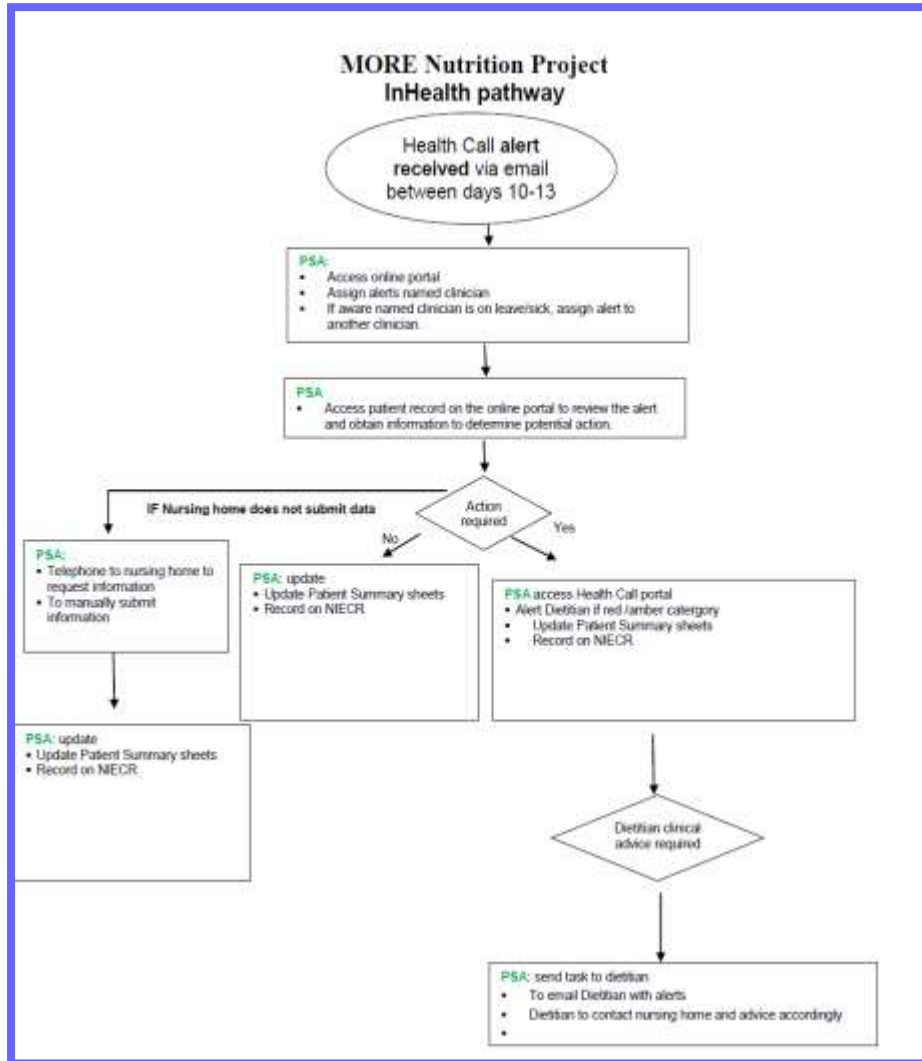
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NHSCT Nursing Home Audit 2019

- PSA responsible for the admin, assigning dietitian and covering leave
- Alerts were reviewed via online portal
- Amber / red – reviewed phone / physical assessment as required



NHSCT Nursing Home Audit - Outcomes

- Data available – 37 patients
- Average monitoring time – 4.6 months
- 81% no risk of malnutrition by end of project
- 18% patients – RED alerts appetite/weight
- 27% patients gained weight throughout process



NHSCT Nursing Home Audit - Outcomes

- Significant reduction in use of oral nutritional supplements Est. Annual saving £15,000
- 936 dietetic travel miles saved
- Potentially 45 hours - Dietetic assessment time saved
- Frequent monitoring weight/appetite invaluable in the nutritional management of patients in nursing homes

NHSCT Nursing Home Audit – Teething problems

- Difference in weighing scales
- Issues with ‘one’ off weights
- Compliance with data input – increase in amber alerts
- Consistency in reporting



Inhealth Care – Improved Clinical Outcomes

- If patient identified at risk of malnutrition using MUST tool or if data falls outside of pre-set targets – warning email activated
- If patient stable – monitoring continues in care home
- Early warning system highlights deterioration / non-compliance with supplements
- Highlights need for dietetic assessment
- Co-ordinates care between care home and dietitian



Cost Effective



- Appropriate prescribing and usage of oral nutritional supplements
- Cost savings on oral nutritional supplements
- Reduction in dietetic domiciliary visits
- Reduction in waiting times – at risk patients seen promptly
- Travel saving – reduction in miles

Visions for the Future

- To further develop the clinical undernutrition pathway in line with regional dietetic and AHP colleagues such as SLT
 - Workshop 02/10/19
- To potentially incorporate dietetic care plans to improve communication between HCP's
- To incorporate a potential regional model of managing oral nutritional supplement procurement to reduce wastage

Conclusions


- Digital undernutrition service has a clear role in dietetics
- Ensures regular screening for malnutrition
- Service users receiving the appropriate treatment as it is required
- Appropriate use of dietetic resources
- Appropriate prescription of nutritional supplements
- Enhances Multi-disciplinary working

Contact details for PSD Team



- Contact Marie-Claire Kane for further information

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