

Nurses For Food

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Ethical review	Positive opinion
Status	Suspended
Health condition type	Appetite and general nutritional disorders
Study type	Interventional

Summary

ID

NL-OMON20407

Source

Nationaal Trial Register

Brief title

NFF

Condition

- Appetite and general nutritional disorders

Synonym

undernutrition

Health condition

Malnutrition

Research involving

Human

Sponsors and support

Primary sponsor: none

Source(s) of monetary or material Support: Promotie onderzoek bij de HAN en Radboudumc

Intervention

- Life style intervention

Explanation

Outcome measures

Primary outcome

feasibility, nutritional intake and performance

Secondary outcome

Quality of life, satisfaction

Study description

Background summary

Achieving optimal and adequate nutrition is an essential part of holistic patient care and

therefore it should be considered a responsibility of the nurse [1]. According to the nursing diagnoses of NANDA, malnutrition or an imbalanced nutrition is a food intake less than body requirements related to caloric intake that does not meet the activity levels. Malnutrition or undernutrition can develop as a consequence of deficiency in dietary intake, increased requirements associated with disease state, or from a combination of these factors [2, 3].

Malnutrition is a frequent and serious problem in hospital patients. Halfens and colleagues [4] found a malnutrition prevalence of 21.8% in Dutch hospitals. Which corresponds with an undernutrition screening survey in 564.063 patients by Kruizenga and colleagues [5] where 15% of the patients were defined as being malnourished with highest percentages in the medical specialties geriatrics (38%), oncology (33%), gastroenterology (27%) and internal medicine (27%). Only a few days of insufficient dietary intake will already result in a malnourished condition. Consequences of malnutrition are higher infection and complication rates [6], diseases [7-9], low functional status [7], symptoms of depression [10, 11], longer length of hospital stay [12], increased drug use, higher treatment costs [13] and increased mortality [11]. In Dutch hospitals the costs related to malnutrition are estimated on € 1.2 billion per year [14].

Malnutrition is preventable and reversible in most health care settings, if identified early. It is therefore, imperative that nurses are proactive in monitoring and clustering of all available cues to prevent or repair the imbalance between food and required nutrient intake and fluid and electrolyte problems, for all persons considered (at risk of being) malnourished [15]. Once patients are identified as being (at risk of being) malnourished, appropriate

interventions should be introduced and monitored, as well by dieticians, as by nurses. Nursing nutritional interventions in hospital however, are not common daily practice. Bavelaar and colleagues found that the examination of nutritional status during hospital stay only takes place in one out of three patients (29,9%) [16]. Also, Duerksen and colleagues noticed that nutrition education and nutrition knowledge of nurses are to be suboptimal and screening and assessment of nutritional status are recognized as difficult tasks [17]. Effects of basic nursing interventions on malnutrition, e.g. checking that patients are properly fed and hydrated, are considered to decrease malnutrition, but have not been studied well yet [18].

Study objective

"The objective of this study is to evaluate the feasibility and effectiveness of a nursing nutrition intervention (Nurses for Food) on malnutrition in hospital. The intervention will be developed according to the British Medical Research Council (MRC) framework[19] and the intervention mapping procedure. [20]

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Study design

Stepped Wedge Randomized controlled trial

Intervention

Nursing nutrition intervention, which actively involve patients in malnutrition care and improve participation in nursing nutritional care.

Contacts

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Eligibility criteria

Age

Adults (18-64 years)
Adults (18-64 years)
Elderly (65 years and older)
Elderly (65 years and older)

Inclusion criteria

Patients admitted to the hospital and (at risk for being) malnourished, with an age of 18 years or older and with the ability to speak and read the Dutch language.

Exclusion criteria

Expected hospital admission < 3 days, palliative patients, and/or patients with parenteral nutrition dependence

Study design

Design

Study phase:	2-3
Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active
Primary purpose:	Health services research

Recruitment

NL	
Recruitment status:	Suspended
Start date (anticipated):	20-01-2020
Enrollment:	200
Type:	Actual

IPD sharing statement

Plan to share IPD: No

Ethics review

Positive opinion

Date: 02-01-2020

Application type: First submission

Review commission: METC Oost-Nederland

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register ID

NTR-new NL8262

Other CMO Arnhem en Nijmegen, BCWO Wageningen University and Research : 2017-3468

Study results

Summary results

Feasibility and effectiveness of a nursing nutrition intervention in malnourished inpatients; a pilot randomised controlled trial with a stepped wedge implementation.