FACING MALNUTRITION

THE OPTINUT EXPERIENCE AT ROUEN UNIVERSITY HOSPITAL

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ROUEN – Normandy - France
EVOlution of malnutrition care: 2008-2013

Total stays with malnutrition codes in all wards
E VOLUTION OF MALNUTRITION CARE : 2008-2014

Total stays with malnutrition codes in all wards
Strategic project of the hospital: to develop efficiency

Indicators: plateau for n of stays with malnutrition codes

Discussions with direction: a reinforced nutritional strategy will improve efficiency!

Early 2015: proposal of OPTINUT project «Optimize screening, care and coding for malnutrition»

Late 2015: pre-intervention surveys, «flash» screening in «naïve» wards, building up of the project with nutrition team (MD and dieticians), «warming up» meetings

Early 2016: negotiations with direction
MALNUTRITION CODES: DETAILED ANALYSIS IN 12 ADULTS WARDS - EVOLUTION 2008-2015

Nombre de séjour codé dénutrition dans 12 services du CHU

Additionnal staff in Nutrition Team
MALNUTRITION CODES (2015 SURVEY)
IN 4 SELECTED WARDS AND WHOLE CHU
AS % OF OBSERVED MALNUTRITION PREVALENCE
2015-2016

- 2\textsuperscript{d} semester 2015: feed-back of surveys + « warming up » meetings + systematic visits in some wards (without additional staff): + 15\% more patients cared for / 2014

- Spring 2016: official validation of the project including additional staff (contract)

- Sept 2016: launching with systematic visits in tests wards
OPTINUT PROJECT: SCALE – UP OVER 4 MONTHES

→ 2017 = YEAR OF FULL IMPLEMENTATION

<table>
<thead>
<tr>
<th>2016</th>
<th>2017</th>
<th>2018</th>
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<tbody>
<tr>
<td>4ème trimestre</td>
<td>1er Semestre</td>
<td>2ème Semestre</td>
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DIET 1

DIET 2

DIET 3

MD 0,5
2015-2018 EVOLUTION
N OF PATIENTS CARED BY DIETICIANS IN 7 TEST WARDS (2015 vs 2017)

X 3.7 (2017 / 2015)

2018 idem
### N of Patients Cared by Dieticians in all Wards (Medical, Surgical, Acute Care) From 2015 to 2018

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
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<td><strong>13159</strong></td>
<td><strong>14337</strong></td>
<td><strong>4851</strong></td>
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**Expected + 31%** *(2018 / 2015)*

**+ 29%** *(2017 / 2015)*

**prévision 14553**

Duration of the 2015-2018 period is **5/10/18**

![Graph showing the trend of patients cared by dieticians from 2015 to 2018](attachment:graph.png)
N OF PATIENTS CARED BY NUTRITION MD

IN ALL WARDS (MEDICAL, SURGICAL, ACUTE CARE) FROM 2015 TO 2018

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<td>TOTAL</td>
<td>298</td>
<td>615</td>
<td>737</td>
<td>205</td>
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Expected X 3 (2018 / 2015)

X 2.5 (2017 / 2015)

prévision 750
STAYS > 4 DAYS WITH MALNUTRITION CODES

ALL WARDS OF CHU

(E43-E46)

+ 26%
(2017 / 2015)
CONCLUSIONS OPTINUT 2017-2018

- Major increase of the number of patients with malnutrition detected and cared in 2017 vs 2015

- Results maintained in 2018 (➔ plateau ?)

- Major increments of financial resources for the hospital (x 5 the investment of additional staff)
ADDITIONAL BENEFITS

- Intensified interactions wards – nutrition team – directions
- Staff meeting « Le NutriDiet » / 2 months
- Harmonized protocols for early refeeding (orthopedic and vascular surgery)

**Improved procedures**
- Interprofessional and multidisciplinary collaboration
- Short standing-up meetings between dieticians and nursing staff (Minut’diét):
  - Experimentation of self-screening by the patient
  - Interest of surgeons for pre-operative screening

**Home Enteral Nutrition : sharp progression**
- 2015 : 402
- 2017 : 472
- 2018 : 532
Caring for Malnutrition at CHU of Rouen 2008-2018: Ten Years of Progress

Total stays with malnutrition codes in all wards
CONCLUSIONS - PERSPECTIVES

- Increasing screening and care is possible!

- Focus and concentrate resources on « high potential wards »

- Extend from post-operative care to pre-operative screening and care

- Project of multimodal ambulatory preop care

- Evaluation, innovation, patient education
PROJET OPTINUT:
2015-2018

THANKS!!!
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I Rottier, A. Batte

Dr A. Bertron - Dr A. Petit - Dr S. Grigioni
et les autres médecins du Département de Nutrition

Direction Information Médicale
Dr L. Tanguy

Services impliqués
Détecter et prendre en charge la dénutrition: c’est possible!

Société Francophone Nutrition Clinique et Métabolisme

www.nutritionclinique.org