

WIN (Weighing In on Nutrition)

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AIM: To ensure early identification of malnutrition risk.

BACKGROUND: Malnutrition is a high risk for acute burn injured patients. The Alfred Malnutrition guideline advises all patients be weighed within 24 hours of admission then weekly. The BiNBR clinical indicators advise that acute burn injured patients be weighed 3-5 days post admission then weekly. Neither was being met.

METHOD: Primary data collection was achieved by local auditing of the malnutrition screening tool on the Initial Nursing Assessment Tool (INAT) to identify admission and weekly weigh documentation. Secondary data collection was obtained by Alfred Health point prevalence Point of Care Audit Data and via the BiNBR ANZBA database.

RESULTS: The results have demonstrated significant practice improvement over time across all areas. Further enhancement of obtaining weights was implemented. 'New Patient' magnets for the 6 West journey board were created highlighting new patients admitted to the ward requiring be weighed. The implementation of 'weigh day Sunday' streamlined the weighing process. When a structured process was put in place results were greatly improved and have been sustained.

CONCLUSION: The implementation of the project has had a positive impact on the monitoring of patient weights and assessing their malnutrition risk. This has enabled early dietician referral and intervention. Audits will continue to monitor compliance and sustainability of the project, including monthly Point of Care audit data capturing admission weights, weekly weights and completion of the malnutrition screening tool. Local monthly audits of the acute burn day 3 weights will be conducted, and the annual BiNBR report will be used as a quality indicator to monitor current practice with burns patients when released in 2015.

Key Words

Nutrition, Weigh, BiNBR

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