

Providing care sooner:
SIMPLE

A multidisciplinary approach to
prevention and treatment of
malnutrition in residential aged care



Background

- High prevalence of malnutrition in aged care (up to 65%) that can adversely impact on health outcomes and quality of life.

Isenring et al., 2012

- Limited and inconsistent dietetic services and approaches to malnutrition.
- Other disciplines are keen but not confident



What do the Aged Care Standards say about nutrition?

- Enable consumers and/or families to make informed decisions regarding food
- Access to adequate nutrition and support at mealtimes
- Timely review regarding deterioration of physical function and implementation of diet modification and support



Darling Downs
Health



Darling Downs Health



FOR COMPARE MEERKATS


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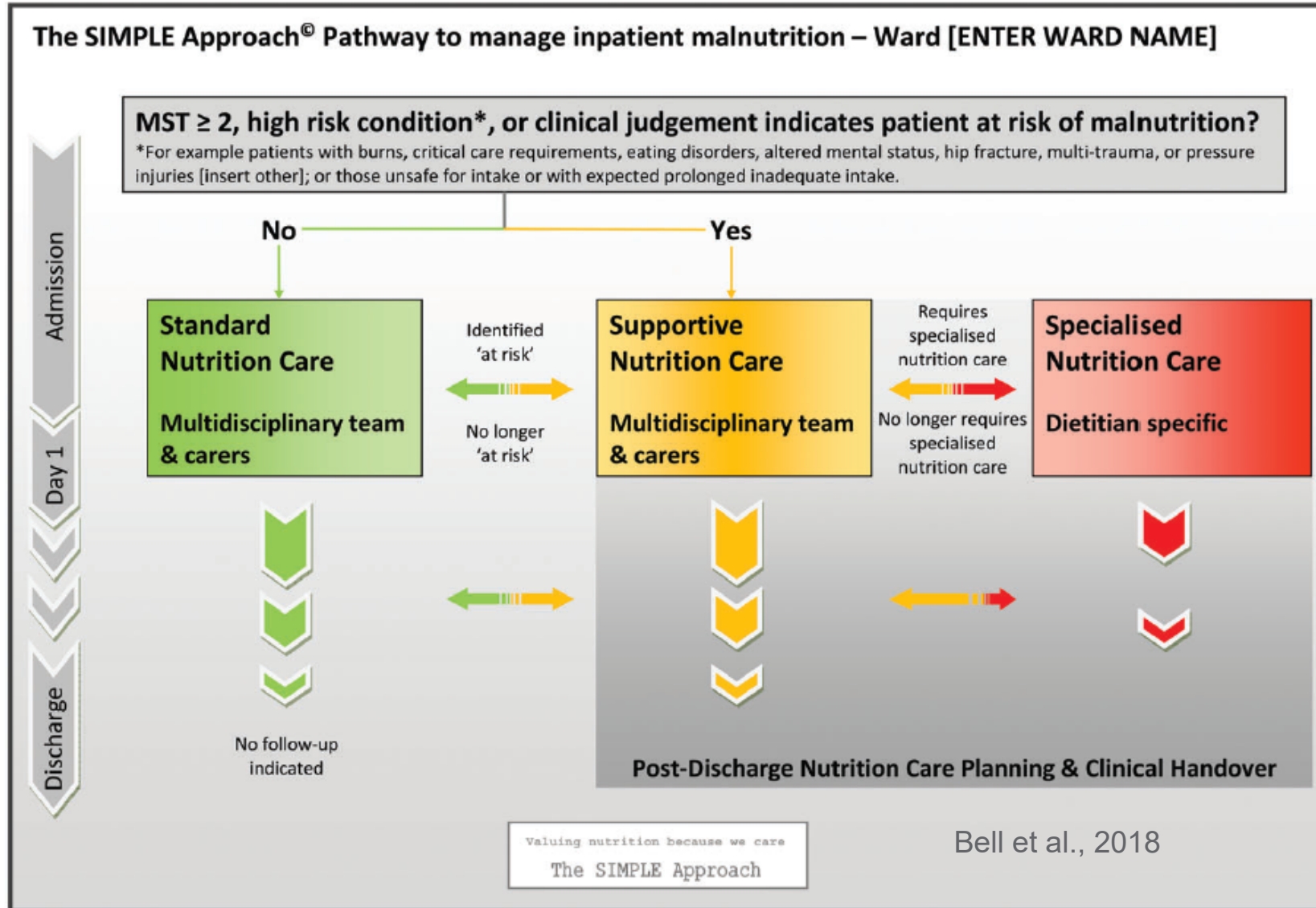
Consumer Intelligence Research (Sept. 08). 96% achieved a saving.

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The image shows a meerkat dressed in a formal red tuxedo with a gold patterned vest and a white shirt with a gold tie. The meerkat is standing next to a sign on a wooden easel. The sign is split into a blue left half and a green right half. The text on the sign reads 'FOR COMPARE MEERKATS' at the top, followed by the 'comparemeerkat.com' logo and the website name. Below the sign, there is a line of text stating 'Consumer Intelligence Research (Sept. 08). 96% achieved a saving.' and a copyright notice '© The Advertising Archives' in the bottom left corner.



Systematised, Interdisciplinary Malnutrition Pathway for Darling Downs Implementation and Evaluation (SIMPLE) Health



Criteria for comprehensive nutrition care

- Malnutrition assessment completed and documented
- Patient is receiving a form of high protein high energy food/fluid prescription
- Patient is aware of current nutrition status
- Patient receives information regarding treatment goals and actions
- Patient is receiving mealtime assistance where necessary
- Patient has a follow-up plan

Metro North Health Service, 2019

Aged Care Quality standards

- Enable consumers and/or families to make informed decisions regarding food
- Access to adequate nutrition and support at mealtimes
- Timely review regarding deterioration of physical function and implementation of diet modification and support

Iuliano, 2019

Darling Downs
Health



Mini Malnutrition Assessment (MNA) completed by nursing for all consumers on admission			
Normal nutrition status (12-14 points)	At risk of malnutrition (8-11 points)		Malnourished (0-7 points)
	No Weight loss	Weight loss	
<ul style="list-style-type: none"> •Complete MNA following acute event or illness •Complete MNA every 3 months •Continue monthly weights 	<ul style="list-style-type: none"> •Continue monthly weights: <ul style="list-style-type: none"> - if weight loss of 2kg or weight decreases below minimum reportable weight range repeat MNA and follow instruction as per "Weight loss" column. -If no weight change, complete MNA every 3 months 	<ul style="list-style-type: none"> •Provide a HPHE mid meal at morning and afternoon tea, and supper •If HPHE diet is not available, please provide the following options: <ul style="list-style-type: none"> <i>Texture modified diets*</i> <ul style="list-style-type: none"> -Yoghurt -Custard -3kcal ice cream <i>Regular diet*</i> <ul style="list-style-type: none"> -Yoghurt -Custard -Cheese & biscuits •Provide assistance and encouragement at mealtimes. •Malnutrition education to consumer and/or family •Commence 3 day food and fluid intake and weekly weights •Repeat MNA after one month, then commence nutrition supplements (see "malnourished" column) and refer to dietitian if reduced MNA score 	<ul style="list-style-type: none"> •Refer to dietitian •Commence 3 day food and fluid intake chart and weekly weights •Provide a HPHE mid meal at morning and afternoon tea, and supper •If HPHE diet is not available, please provide the following options: <ul style="list-style-type: none"> <i>Texture modified diets*</i> <ul style="list-style-type: none"> -Yoghurt -Custard -3kcal ice cream <i>Regular diet*</i> <ul style="list-style-type: none"> -Yoghurt -Custard -Cheese & biscuits •Commence 2kcal/ml nutrition supplement - Resource 2.0. 80ml at morning and afternoon tea, and supper <ul style="list-style-type: none"> -If consumer dislikes milk Resource Fruit can be provided as an alternative, however provides less nutrition •If on thickened fluids provide Pro Range or Nutritionally Complete supplement at morning tea. •Provide assistance and encouragement at meal times •Malnutrition education to consumer and/or family

*Options provided may vary depending on availability and consumer preference. The standard option can be offered in addition to the HPHE option.

Adapted from

The SIMPLE Approach® Nutrition care opportunities (for local adaptation), Bell et. al, 2018.

A guide to completing the Mini Malnutrition Assessment – Short Form (MNA-SF), Nestle Nutrition Institute

Trial of SIMPLE at Forest View Aged Care Facility, South Burnett Cluster

Measures – Pre and post trial

- Nursing surveys
- Resident/appointed decision maker surveys
- MNA
- Dietitian referral wait times

Education and training

- Nursing staff
- Food Service staff



Into the future.....

- SIMPLE will become standard practice across all aged care facilities in DDH.
- Endorsement of overarching workplace instruction on nutrition care and dietetic services in aged care.
- Nutrition being part of everyone's assessment and intervention that is resident-centred.



References

- Bell, JJ., Young, A., Hill, J., Banks, M., Cormans T., Barnes, R., Keller, HH. (2018). Rational and development methodology for the SIMPLE approach: A Systematise, Interdisciplinary Malnutrition Pathway for implementation and Evaluation in hospitals. *Nutrition & Dietetics*, 75, pp 226-234.
- Isenring, EA., Banks, M., Ferguson, M. and Bauer, J. (2012). Beyond Malnutrition Screening: Appropriate Methods to Guide Nutrition Care for Aged Care Residents. *Journal of The Academy of Nutrition and Dietetics*, 112 (3), pp. 376-381.
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- Metro North Hospital and Health Service. 2019. Workplace Instruction: SIMPLE-Malnutrition Short Case. *The SIMPLE Approach*. [Online]. Available at <https://tpch.qld.libguides.com/simple/toolkit>. [Accessed 4th November 2020].

