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Key papers in the field of nutrition
Nurse

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Key paper in the field of nutrition - nurse

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Criteria

- Original article
- Nurse as first author or co-author
- Written in English
- Relevant for clinical practice

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Effect of family-style meals on energy intake and risk of malnutrition in Dutch nursing home residents: a randomised controlled trial

Nijs K, Graaf C, Siebelink E, Blauw YH,
Vanneste V, Kok FJ, Staveren WA
Journal of Gerontology 2006; 9:935-942

Background

- Malnutrition is common among nursing home residents
- There are few studies which have evaluated the effects of a positive meal atmosphere in a nursing home setting

Aim

- To investigate whether family-style meals increase energy intake sufficiently to improve or maintain energy balance and to decrease the risk of malnutrition of Dutch nursing home residents.

Study population and design

- Five nursing homes – each nursing home had a control and intervention ward
- In total 10 wards
- The wards were randomly allocated to control or intervention group
- 6 months intervention

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Baseline characteristics

	I-group n=94	C-group n=84	p
Age (mean,SD)	78 (11.1)	75 (9.9)	< 0.05
Length of stay (median,interquartile)	23 (12-48)	32 (9-52)	
BMI (mean,SD)	28.7 (6.8)	28.4 (5.8)	
MNA malnourished (%)	17	11	
Dietary suppl. (%)	25	18	
In wheelchair (%)	78	86	

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Interventions

- Table dressing e.g. drinking glass vs plastic cups
- Food services e.g. meal served in dishes on table vs pre-plated tray
- Staff protocol e.g. nurses sit down at tables and chat with residents vs staff do not sit down – hand out trays
- Residents protocol e.g. balanced seating of residents vs seats assigned on basis of availability
- Mealtime protocol e.g. no other activities vs diverse activities

Outcome measurements

- Energy intake
 - “Weighing-back” method, 3 days
- Nutritional status
 - Mini Nutritional Assessment

Result

	I-group	n=94	C-group	n=84		
	Baseline	Change	Baseline	Change	Δ In- Δ Co	CI
Energy (kcal)	1423 (33)	115 (47)*	1496 (39)	-100 (39)*	235	83-268
Protein (g)	58 (1.5)	4.0 (1.2)*	59.3 (1.7)	-3.7 (1.3)*	8.6	3.4-13.6
MNA Score	20.1 (0.4)	2.5 (0.5)*	21.1 (0.3)	-1.5 (0.8)*	3.9	2.3-5.6
B-weight (kg)	74 (1.7)	0.5 (0.4)	75 (1.8)	-1.1 (0.4)	1.5	0.4-2.7

Mean (SE), *p<0.05

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Result

MNA classification malnutrition

	Baseline	After
	(%)	(%)
I-group	17	4
C-group	11	23

p<0.001

Conclusion

- Family style meals stimulate daily energy intake and protect nursing home residents against malnourishment.
- Replacement of the preplating meal services with family-style meals in nursing homes is recommended.

Personal reflections

- A study with high clinical relevance.
- An interesting study which can stimulate nurses to improve the nutritional care to the patient.
- The paper can also stimulate to further research – more studies based on food interventions is desirable.

Key words

- Nutritional care
- Nursing home
- Meals
- Energy intake
- Intervention
- Nursing care