



## Category: Setting the Stage/Strengthening the Foundation

**Award Reference Number:** 1209

**Region:** Wales

**Disease:** Nutrition

**Organisation Type:** In patient

**Intervention:** Staff Education

**Key words:** Carmarthen, Hywel Dda, Nutritional Care Pathway, Food chart,

# Eat Drink and be Well Nourished An All Wales Approach to Nutritional Care in Hospital

## Hywel Dda Health Board

**Setting:** This was an All Wales initiative involving all NHS organisations, the focus being on all inpatient wards across both acute and community hospitals, including mental health.

**Introduction:** It is well recognised that meeting the nutritional needs of patients in hospital is an integral element of any treatment plan and clinical outcomes can be improved. In the UK, malnutrition risk has been identified in 20% - 60% of hospital admissions to medical, surgical, elderly and orthopaedic wards.

In June 2008 the Welsh Assembly Government launched the Free to Lead, Free to Care: Empowering Ward Sisters and Charge Nurses which included the recommendation that all ward sisters/charge nurses should have access to promote best professional practice in nutritional care throughout the NHS. It was recognised that there was inconsistency in the quality of recording and monitoring of food and fluid intake in Welsh hospitals. Nutrition is one of the central features of Fundamentals of Care and nurses increasingly need to measure and monitor the quality, safety and effectiveness of what they do.

Two nutritional sub-groups were established to take forward the priorities. On completion of the Nutritional Care Pathway a further sub-group was established.

The aim:

- To develop and All Wales Food/Fluid Chart

The purpose:

- To improve the nutritional care of patients in hospital, ensuring that it is given the same importance as medication.

**Nominated Contact:** *Dr Jean White, Acting Chief Nursing Officer/Director of Nursing for Wales, Nursing Division, Welsh Assembly Government*