



Service Priorities and Programmes
Electronic Presentations

Convention ID: 53

Submitting author: Ms Joanne KOO

Post title: Dietitian, POH, NTWC

Nutrition and Hydration Week in Pok Oi Hospital

Koo J(1), Liu B (1), Au Yeung TW (2), Cheung SMM(3), K C Ma (4), Cheung R (2), Wong C (5)

(1)Dietetic Department, Pok Oi Hospital (2)Department of Medicine & Geriatrics, Pok Oi Hospital (3)Department of Speech therapy, Pok Oi Hospital (4)ASC/Mixed Specialty Wards, Pok Oi Hospital (5)Hospital Food Service, NTWC

Keywords:

Nutritional care

Staff empowerment

Introduction

Food, fluid and nutrition are fundamental to health and wellbeing. Malnutrition is prevalent but often unrecognized and under-treated in hospitalized patients. Therefore, an activity called 'Nutrition and Hydration Week' was held. It is a global activity, originated from the UK, which raises awareness of the importance of nutrition and hydration as an essential element of quality care. Pok Oi Hospital participated in this global event from 13/3/17 to 19/3/17.

Objectives

To raise the awareness of hospital staff on the nutrition and hydration status of patients. To promote nutrition care steps at meal time.

Methodology

A multi-disciplinary team including doctor, dietitians, speech therapists, nurses and catering manager participated in the promotion of nutrition and hydration by holding Nutrition and Hydration week 2017 in Pok Oi Hospital. Programs included: nutrition care and feeding training workshops, tea party, poster display, patient satisfaction survey and canteen booth.

Result

24 supporting staffs attended the nutrition care and feeding training workshops during that week. Tea party was held in Geriatric Day Hospital and Tin Ka Ping Infirmary with around 60 patients enjoyed the additional desserts. Posters were displayed in all wards and meal trolleys for promoting nutrition care steps. 213 patient satisfaction survey was completed on hospital meal service and the result showed that 94.3% patient satisfied the hospital diet. Staff showed interested in the canteen booth and more than 400 staffs had done the nutrition care quiz. Conclusion : Staff and patients enjoyed in the activity throughout the Nutrition and Hydration week and in addition, the activity raised the awareness of the importance of adequate oral and fluid intake during hospitalization.