

HAC 2016 ABSTRACT for Oral Presentations

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Project title

Structured Training Workshop Enhanced the Nutrition Care Knowledge and the Feeding Skill of Frontline Staff

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Introduction

Malnutrition and dysphagia are common problems during hospitalization. This may be the result of disease effects, behavioral feeding problem, poor appetite and/or functional deterioration of swallowing mechanism...etc. Hence, equipping the frontline staff with concept of nutrition care and feeding skills becomes a highly-prioritized training program.

Objectives

To equip frontline staff with 1)basic knowledge of nutritional content of hospital meals and supplements 2)basic knowledge of normal and disordered swallow, diet and liquid consistency 3)standardized and accurate oral intake charting skills 4)appropriate feeding skills with different feeding tools, postures and use of fluid thickener

Methodology

Nursing services division nominated newly joined frontline supporting and nursing staffs to attend the training workshops which were held on a regular basis. It was a half day training workshop co-run by dietitian and speech therapist. Dietitian provided training on the knowledge of hospital meals, diet supplements and meal portions. Besides, tasting of diet supplement and practice in oral intake charting were also included. Speech therapist launched lecture on the basic knowledge of swallowing disorder, diet and liquid consistencies, roles and responsibilities of feeding staff followed by a hand-on workshop on feeding skills. Pre and post workshop quiz were conducted.

Result

Since 2013, total 10 training sessions were arranged with total 201 staff were trained. There was an increase from 43% to 90% regarding the accuracy of the nutrition care knowledge quiz post workshop. Results showed that most of the staff were deficient in the knowledge of hospital meal nutrition concept and the usage of diet supplements before the workshop. Self-rating on feeding skills and knowledge was another parameter for measuring workshop outcome. It was found that there was a statistically significant increase in self-rating score in most of participants after the workshop. Results of both objective and subjective evaluation supported a structured training workshop which helped to improve nutrition care knowledge and feeding skill of staff. This also facilitated a more standardized and accurate oral intake charting, and increased the awareness of appropriate diet and supplement provision in hospital. Equipped frontline staff was expected to perform better in their daily feeding duties and be able to identify potential feeding/swallowing problems at early stage. Feeding safety would therefore be promoted.