



## Service Priorities and Programmes Electronic Presentations

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### **3-Wins Strategy to Reduce Hospital Food Waste: Environment Goes Green, Patient Goes Healthy and Cost Goes Effective.**

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#### **Keywords:**

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#### **Introduction**

In May 2016, hospital-wide food survey was conducted in Kowloon Central Cluster. The daily food waste in Hong Kong Buddhist Hospital was 326 gm per patient. Untouched meals were also reported. This situation was not satisfactory. Thus, strategies were taken to reduce hospital food waste and enhance meal consumption by patients.

#### **Objectives**

(1) To reduce hospital food wastage (2) To enhance patients' calories intake (3) To reduce wastage of hospital cost

#### **Methodology**

Actions to decrease the avoidable extra meal ordering: (1) Delete unnecessarily spare meals on lunch and dinner daily. (2) Circulate surplus meal from one ward to another ward if indicated. (3) Cancel patient's meal who is on home leave or on "Nil by mouth". (3) Offer flexibility in choice, type and portion size of dishes in palliative patients. (4) Adjust appropriate portion of meal in patient who is on "Careful hand feeding". (5) Keep on effective communication with Kowloon Hospital Catering Service for quality and quantity of meal.

Actions to increase meal consumption by patient: (1) Allow flexible visiting hours for relative to feed patient with poor oral intake. (2) Ward manager monitors food left in meal tray and observes feeding at meal time regularly. (3) Record the intake of patient timely to detect low intake patient and take appropriate measures. (4) Priority signage "encourage feeding" placed on meal tray of palliative patient suffered from anorexia.

#### **Result**

Hospital-wide food survey conducted in July 2016 reported that: (1) Daily food waste

per patient was 192 gm, 47 % drop in food waste per patient in comparing with food survey in May 2016. (2) Average gain on patient body weight was 0.38 % at 2 weeks after admission. (3) Cost on hospital food was not wasted