



Exploring Nutrition Support Practices in Haemodialysis Units

A Nurses Guide to Implementing
Best Practice



Presented by

A joint project between EDTNA/ERCA and B. Braun



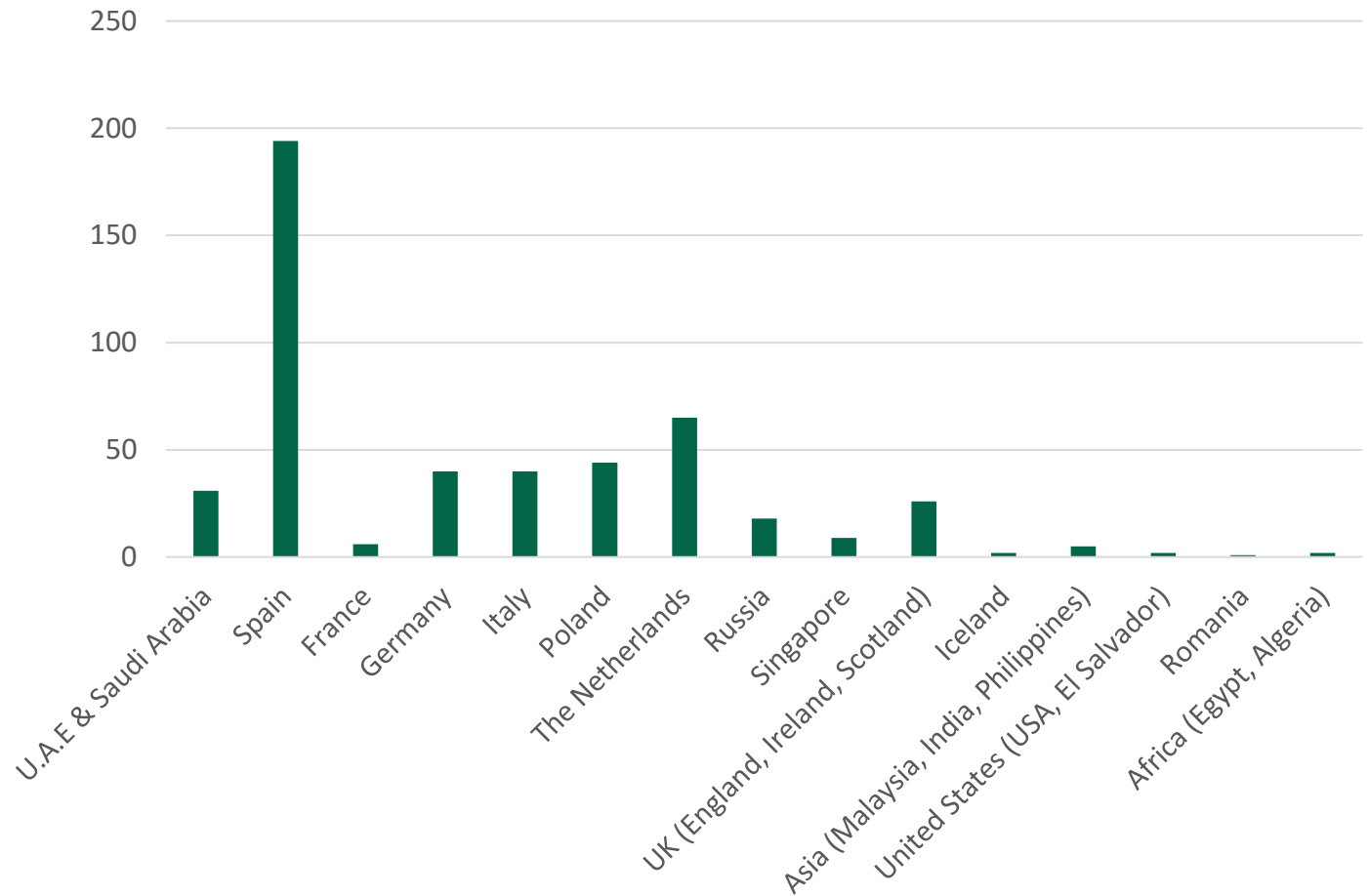
THE RESULTS

The result from the in-depth questionnaire was consolidated and we would like to share the result with you.



DEMOGRAPHICS

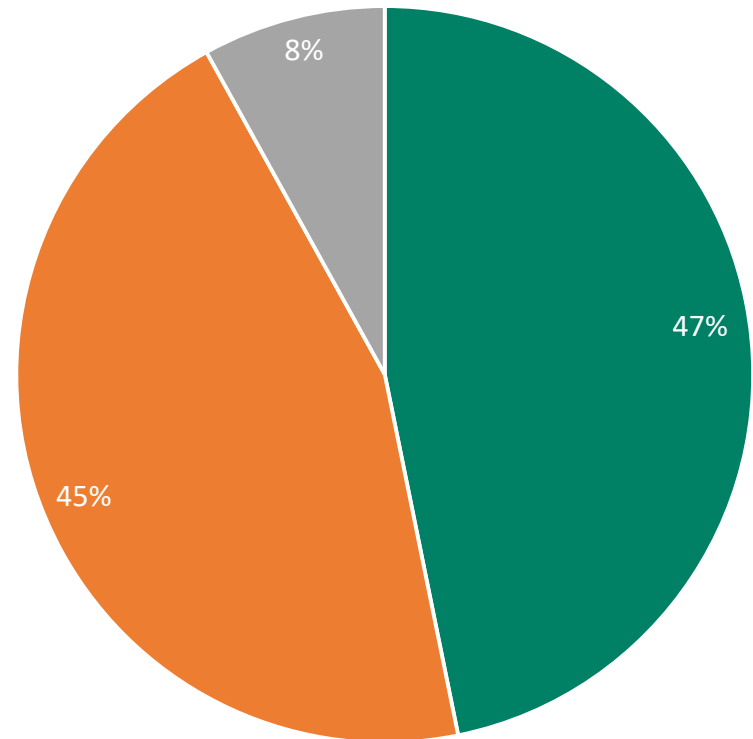
Country – 485 Responses





HOW DO YOU EVALUATE YOUR CURRENT LEVEL OF KNOWLEDGE ABOUT NUTRITION?

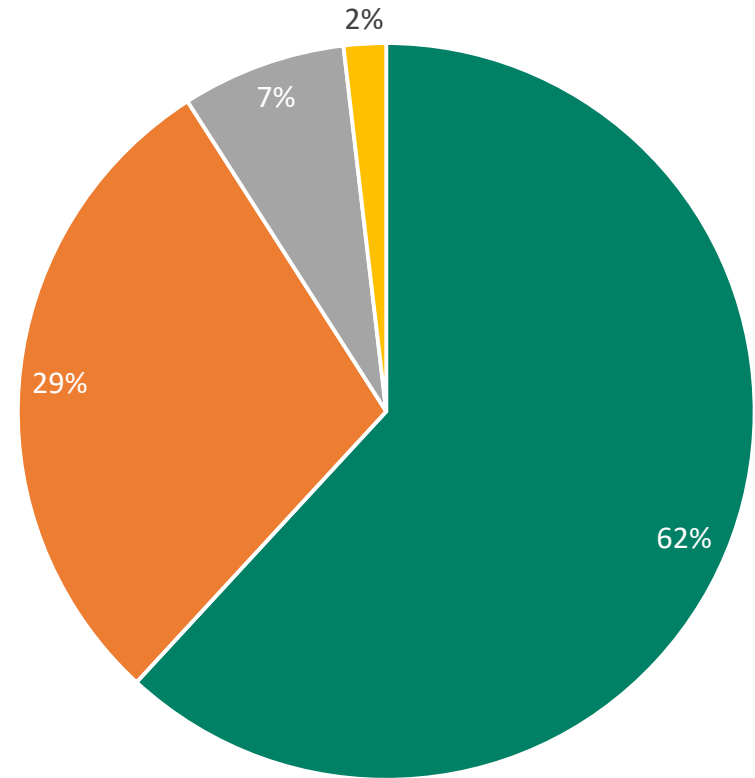
- Basic (only the lessons during my education, no further trainings with certificates, no experience from practical nutritional care)
- Advanced (further trainings with certificates, experience from practical occasional nutritional care)
- Expert (further trainings with a degree in nutrition/nutritional medicine, experience from regular nutrition care)





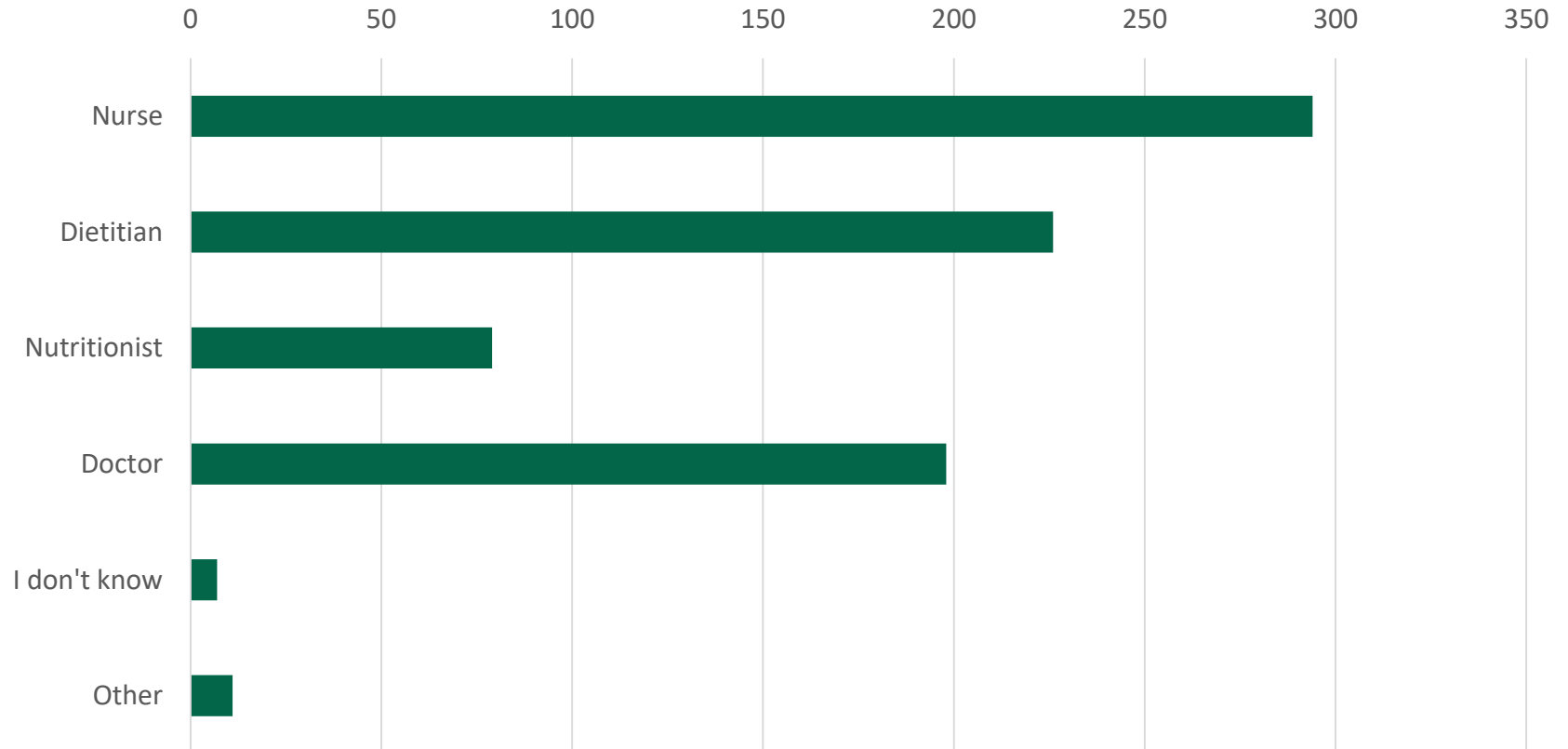
IS NUTRITIONAL CARE PART OF THE PRACTICE OF YOUR UNIT?

- Yes, routinely
- Yes, occasionally
- No
- I don't know; I am not involved in such a treatment





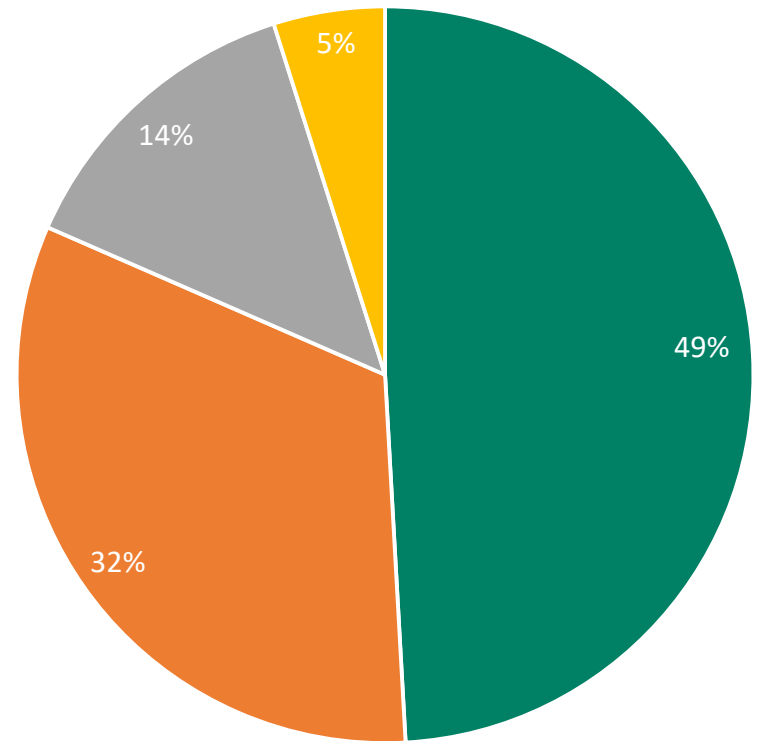
WHO IS RESPONSIBLE FOR THE NUTRITIONAL CARE IN YOUR CENTRE?





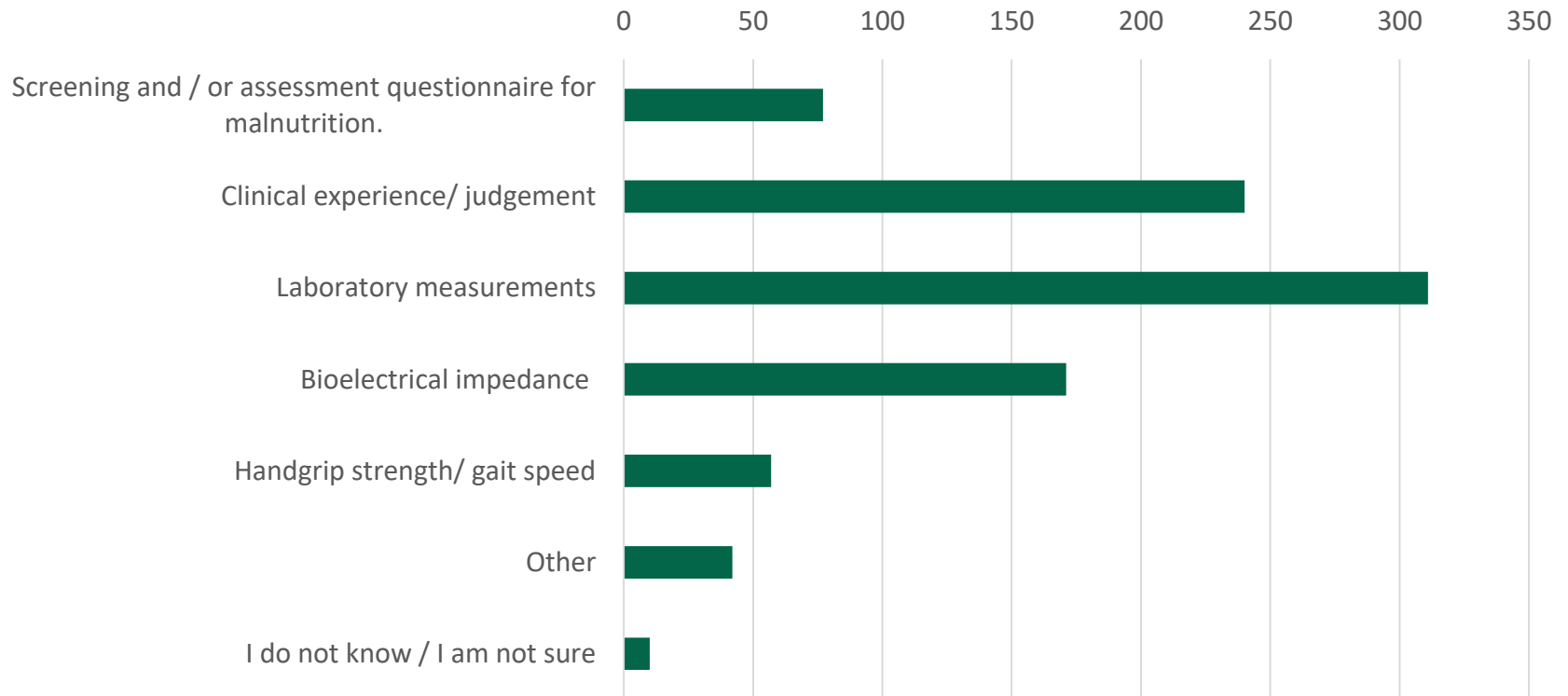
DOES YOUR UNIT SCREEN PATIENTS FOR MALNUTRITION RISK?

- Yes, routinely
- Yes, occasionally / when needed
- No
- I don't know; I am not involved in malnutrition screening





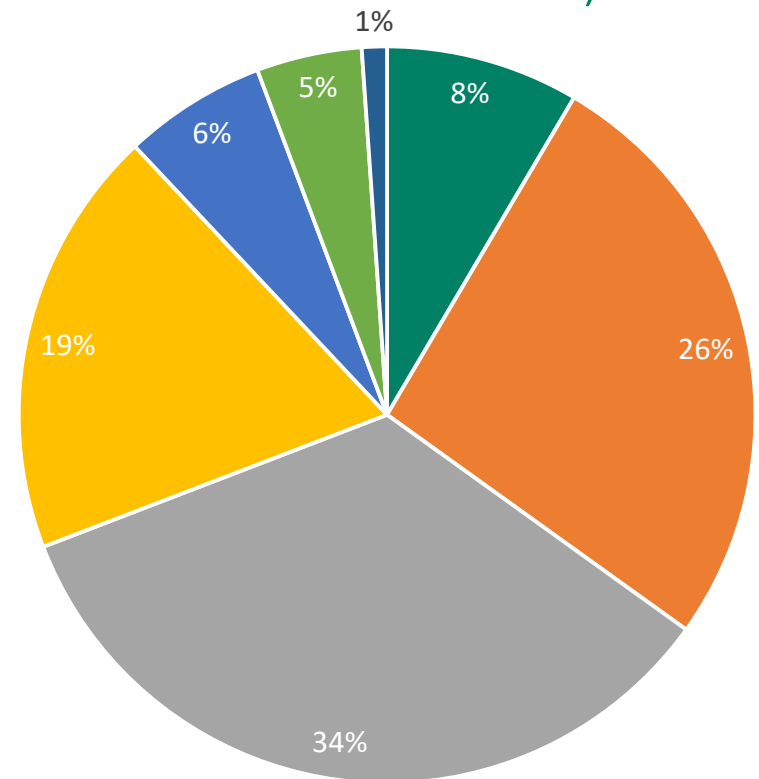
HOW DO YOU IDENTIFY MALNOURISHED PATIENTS OR PATIENTS AT RISK OF MALNUTRITION? (PLEASE TICK ALL THAT APPLY)





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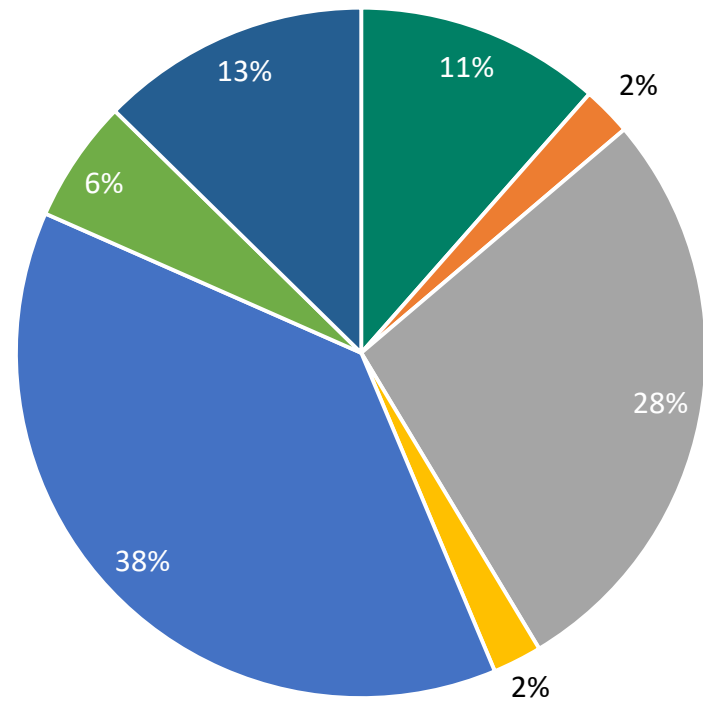
- Screening and / or assessment questionnaire for malnutrition.
- Clinical experience/ judgement
- Laboratory measurements
- Bioelectrical impedance
- Handgrip strength/ gait speed
- Other
- I do not know / I am not sure





WHICH DO YOU THINK ARE THE MAIN BARRIERS FOR NOT SCREENING FOR MALNUTRITION?

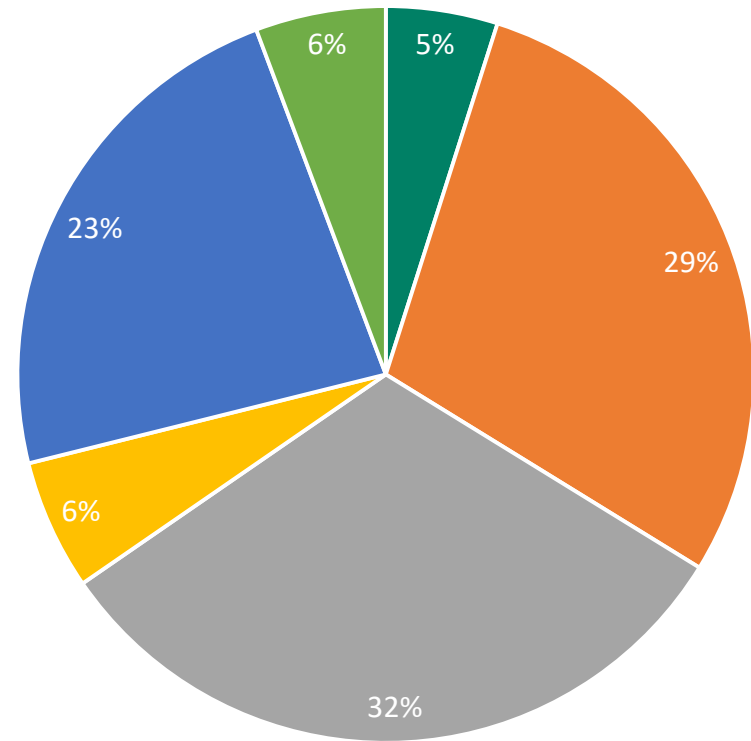
- Doctors do not approve it
- Patients / caregivers do not give consent
- Lack of time
- Too complicated and time consuming
- Lack of sufficient knowledge on how to do it
- I do not believe its benefits
- Others





HOW OFTEN DO YOU SCREEN PATIENTS FOR MALNUTRITION RISK?

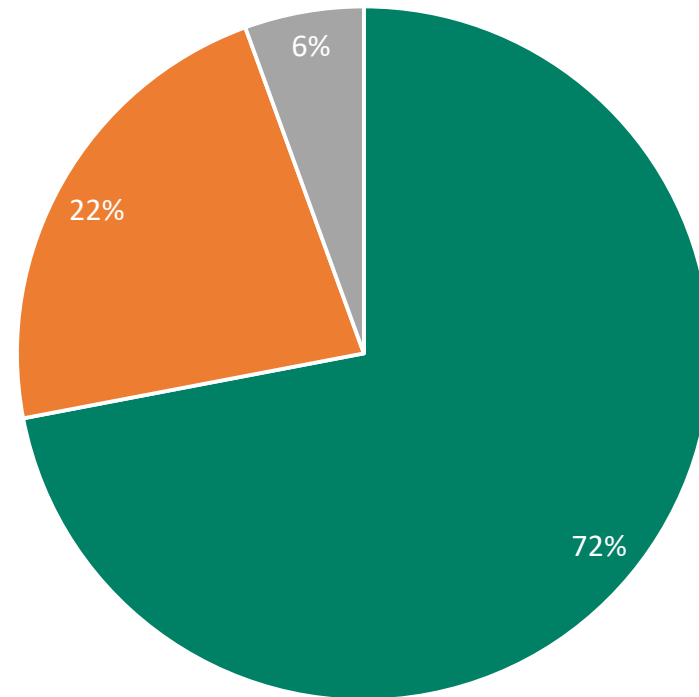
- Weekly
- Monthly
- Quarterly
- Annually
- When needed / occasionally
- I don't know / I am not sure





IF A PATIENT IS IDENTIFIED AS MALNOURISHED OR AT RISK OF MALNUTRITION, DO YOU PROVIDE NUTRITIONAL CARE?

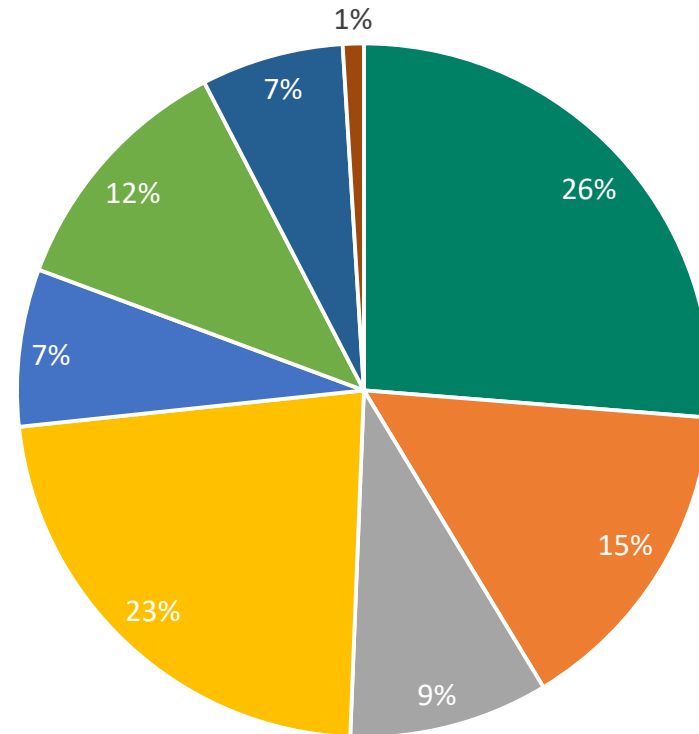
- Yes, routinely
- Yes, occasionally
- No





IF YES, WHAT TYPE OF NUTRITIONAL CARE IS AVAILABLE FOR YOUR PATIENTS?

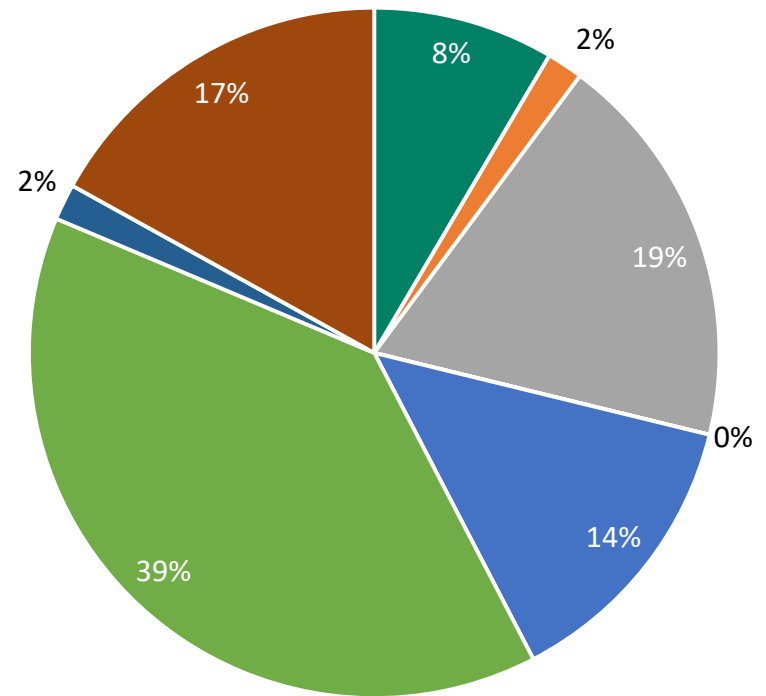
- Dietary counselling
- Provision of snacks during or after HD
- Food fortication / enrichment
- Oral supplements / Sip feeds
- Enteral nutrition support / tube feeding
- Parenteral nutrition during haemodialysis (IDPN)
- Peritoneal bags with additional nutrients (IPPN)
- Other





WHICH DO YOU THINK ARE THE MAIN REASONS FOR NOT PROVIDING NUTRITIONAL SUPPORT?

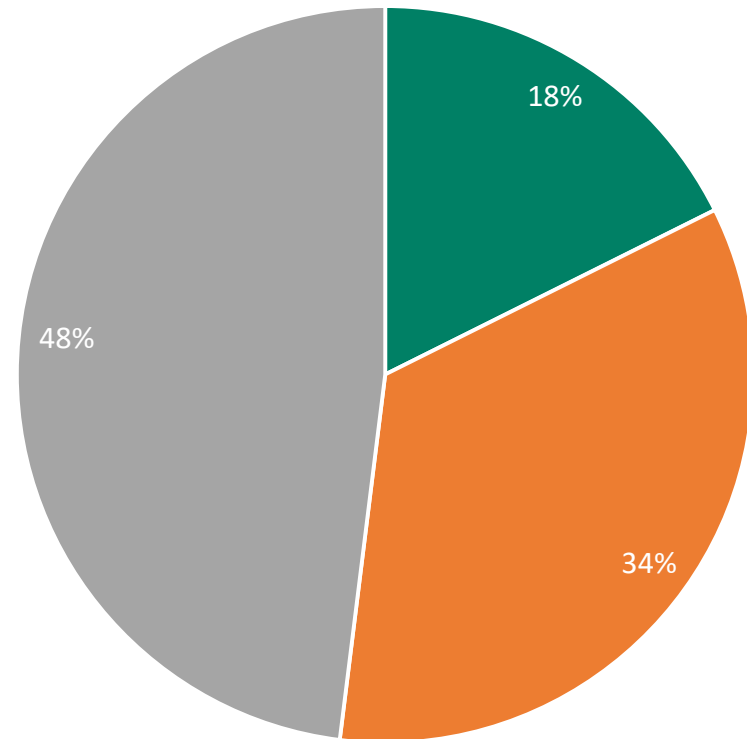
- Doctors do not approve it
- Patients / caregivers do not give consent
- Patients do not comply with it
- Patients report adverse effects (i.e. hypotension, gastrointestinal discomfort, etc.)
- Financial reasons/ limitations
- Lack of sufficient knowledge on how to do it
- I do not believe it is beneficial
- Other





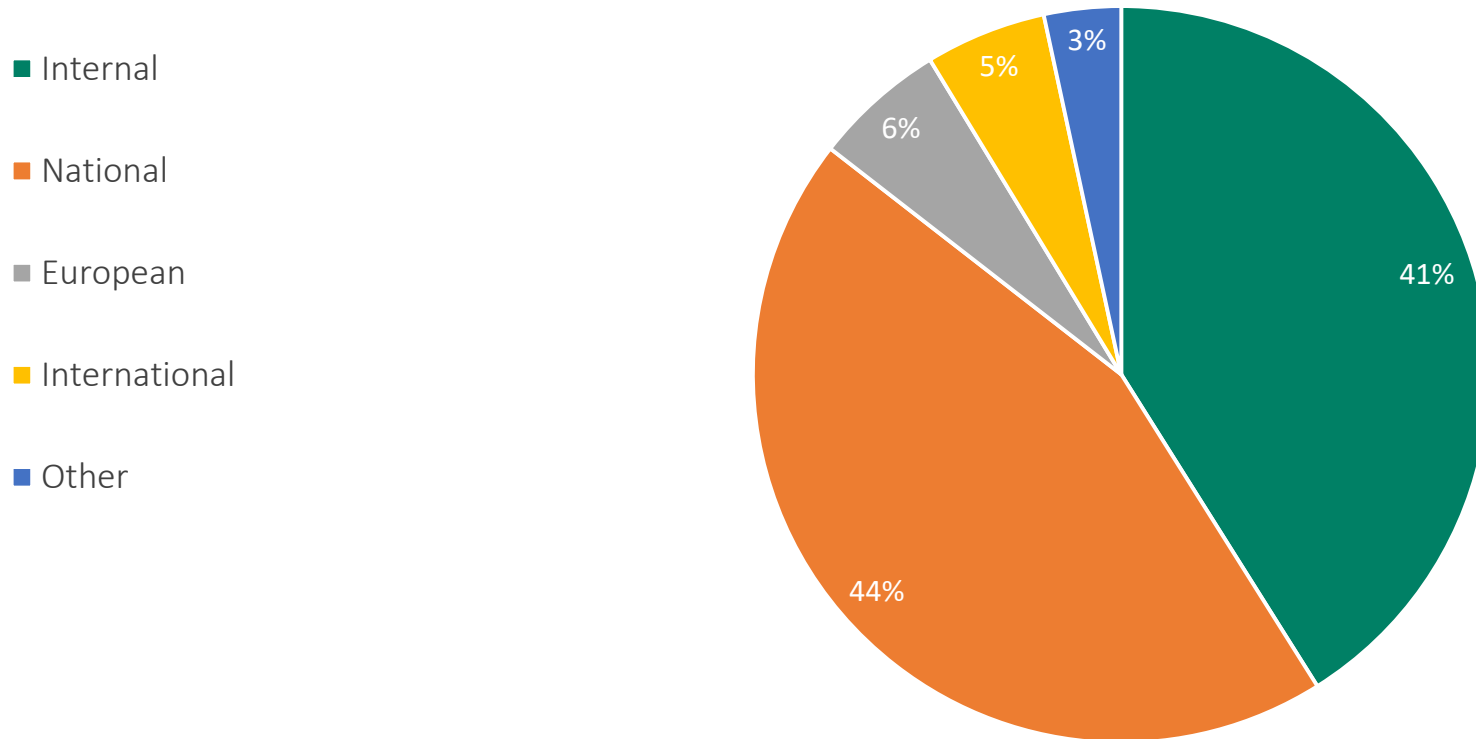
DO YOU FOLLOW GUIDELINES / PROTOCOLS FOR THE PROVISION OF NUTRITIONAL CARE?

- No
- I don't know / I am not sure
- Yes, please specify





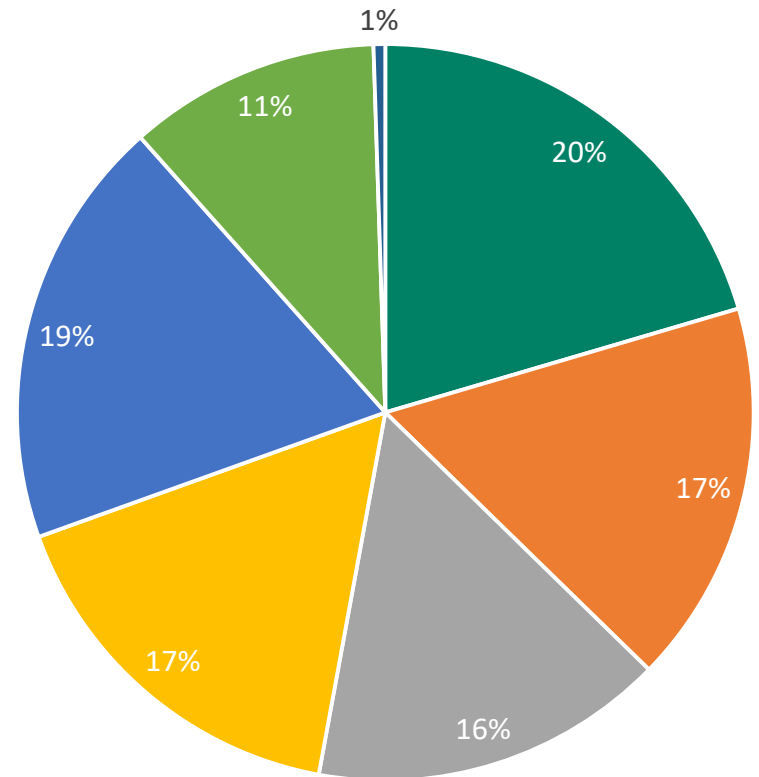
DO YOU FOLLOW GUIDELINES / PROTOCOLS FOR THE PROVISION OF NUTRITIONAL CARE – IF YES – FROM WHERE





IN YOUR OPINION, IN WHAT ASPECT NUTRITION SUPPORT IS BENEFICIAL FOR THE PATIENTS?

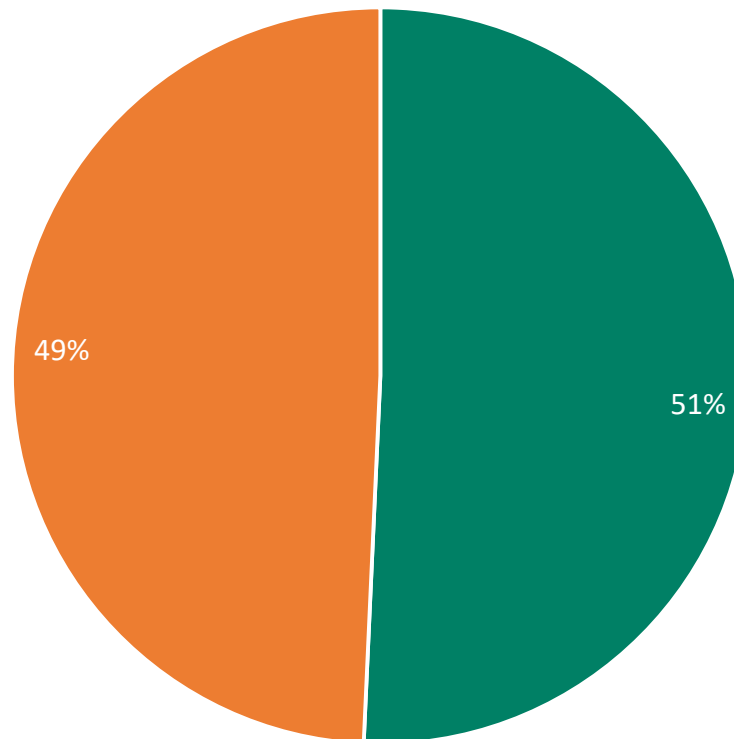
- Improvement of patients' general condition
- Improved functionality / muscle mass
- Better dialysis tolerance
- Decreased rate of complications
- Better quality of life
- Increased appetite
- Other





DID YOU FOLLOW A SPECIFIC TRAINING ON NUTRITION?

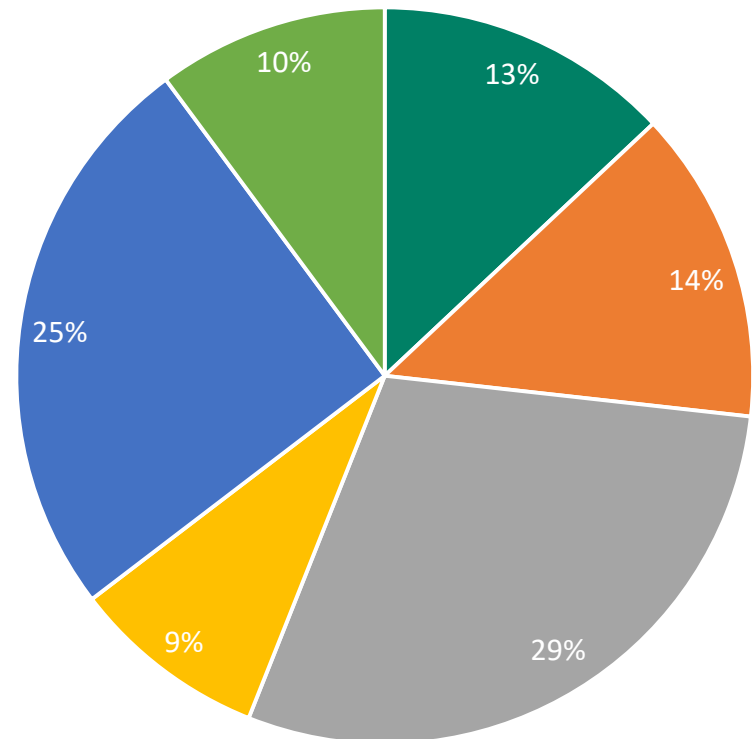
- Yes
- No





IF YES, WHAT TYPE OF TRAINING DID YOU FOLLOW?

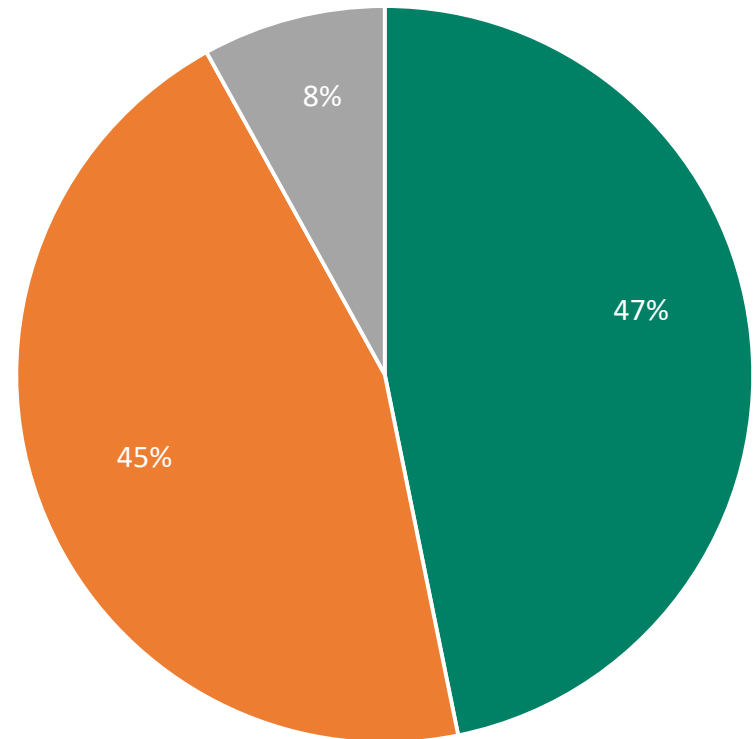
- Undergraduate (during the basic studies)
- Postgraduate studies
- Seminars / Congresses organised by national scientific society
- Seminars / Congresses organised by international scientific society
- Workshops in my unit / clinic
- Other





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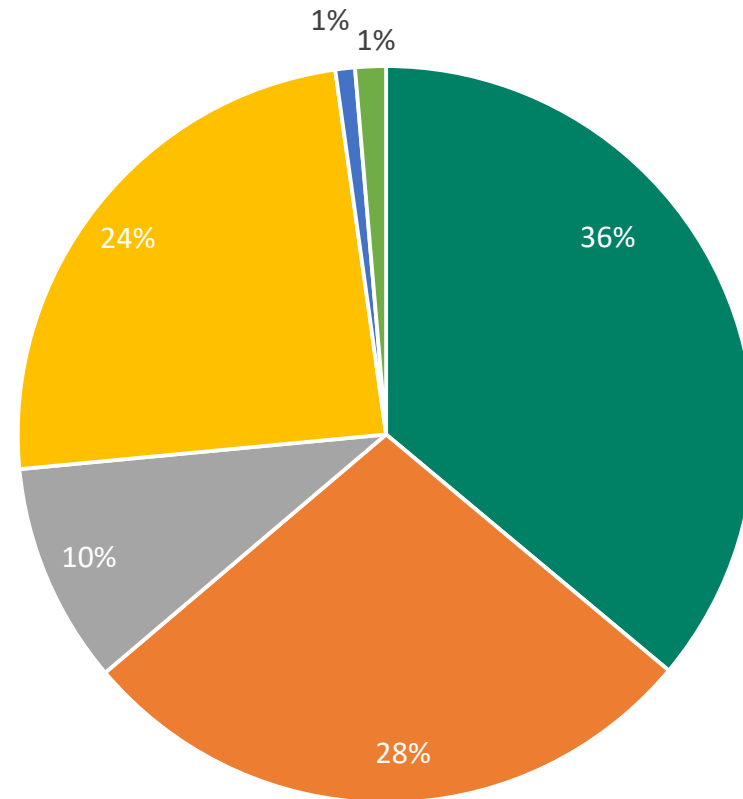
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WHO IS RESPONSIBLE FOR THE NUTRITIONAL CARE IN YOUR CENTRE?

- Nurse
- Dietitian
- Nutritionist
- Doctor
- I don't know
- Other





THE CONCLUSION

-  Nurses seem to play a key role in the provision of nutritional support
-  The main source of information is through seminars and other forms of Life-long Learning procedures
-  A gap is identified in the way of identifying nutritional risk
-  Nutritional assessment often is mixed with nutritional screening
-  The main barrier for not providing nutritional support is the lack of knowledge
-  >50% of the responders either they don't know or they do not use the current guidelines for the provision of nutritional support



THANK YOU VERY MUCH FOR
YOUR ATTENTION!

