

Assessing Nutrition Risk in the Community: A Pilot Workshop Connecting Pharmacists and Dietitians

5/30/2018

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BOLD START
BRIGHT FUTURE

SWAHN SouthWestern
Academic
Health Network

SWAHN Nutrition Working Group

- To engage health/human service providers and academics from different professions, students, and service users from across Southwestern Ontario in the development and implementation of interdisciplinary initiatives that address nutrition-related concerns in the region.



Pilot project

- **Rationale:**

- Based on the recent findings from the Canadian Malnutrition Task Force indicating that approximately ***45% of patients entering the hospital are malnourished***, health professionals need to be informed of the facts on how malnutrition affects length of stay, morbidity and readmission rates.

- **Knowledge Translation of Nutrition Screening & Assessment Tools across the SWAHN region**

- A pilot project is under development to create a model for KT that can be transferred across professions and regions.
- The first workshop focused on community pharmacists in the Waterloo region
 - Pharmacists are considered to be the most accessible healthcare professionals



Pilot project

- Workshop objectives:
 - To increase awareness of the prevalence and impact of malnutrition in seniors;
 - To increase knowledge of the existence and use of nutrition screening and assessment tools;
 - To increase awareness of available community resources for patient nutrition support;
 - To encourage the use of nutrition screening and assessment tools for seniors in community based pharmacies;
 - To provide an opportunity for interprofessional collaboration between registered dietitians and pharmacists.



Pilot project

- **Timing:**
 - 3-hour evening session in March 2018 to align with *Nutrition Month* and *Pharmacist Awareness Month*
- **Format:**
 - Presentations by dietitians
 - Breakout discussions
- **Venue:**
 - School of Pharmacy, University of Waterloo
- **Target audience:**
 - Waterloo-area community pharmacists
 - Local dietitians



Pilot project

- **Agenda:**

- Is malnutrition really a problem in seniors in Canada?
- What tools are available for nutrition screening and assessment?
- How has nutrition screening been implemented in the community?
- Now that I've identified patients at risk for malnutrition, what do I do next?
- How can I make this work in my pharmacy?
- What are my next steps in implementing nutrition screening?





SCREENIAB
Score

Rate your eating habits.

Name: _____ Date: _____

- For each question, check **only one** box that describes you **best**.
- Your response should reflect your **typical eating habits**.
- Feel free to write **comments** beside any question.

1. Has your weight changed in the past 6 months?

- No, my weight stayed within a **few** pounds.
 I don't know how much I weigh or if my weight has changed.

Yes, I gained ...

- more than 10 pounds
 6 to 10 pounds
 about 5 pounds

Comments?

Yes, I lost ...

- more than 10 pounds
 6 to 10 pounds
 about 5 pounds

2. Do you skip meals?

- Never or rarely
 Sometimes
 Often
 Almost every day

3. How would you describe your appetite?

- Very good
 Good
 Fair
 Poor

4. Do you cough, choke or have pain when swallowing food OR fluids?

- Never
 Rarely
 Sometimes
 Often or always

5. How many pieces or servings of fruit and vegetables do you eat in a day?

Fruit and vegetables can be canned, fresh, frozen, or juice.

- Five or more
 Four
 Three
 Two
 Less than two

6. How much fluid do you drink in a day?

Examples are water, tea, coffee, herbal drinks, juice, and soft drinks, but not alcohol.

- Eight or more cups
 Five to seven cups
 Three to four cups
 About two cups
 Less than two cups

7. Do you eat one or more meals a day with someone?

- Never or rarely
 Sometimes
 Often
 Almost always

8. Which statement best describes meal preparation for you?

- I enjoy cooking most of my meals.
 I *sometimes* find cooking a chore.
 I *usually* find cooking a chore.
 I'm *satisfied* with the quality of food prepared by others.
 I'm *not satisfied* with the quality of food prepared by others.

Thank you for telling us about your eating habits.

Evaluation

- Survey completed immediately following workshop
- Follow-up survey to be sent-via email in the summer
- Ethics approval from University of Waterloo, Western University, University of Windsor



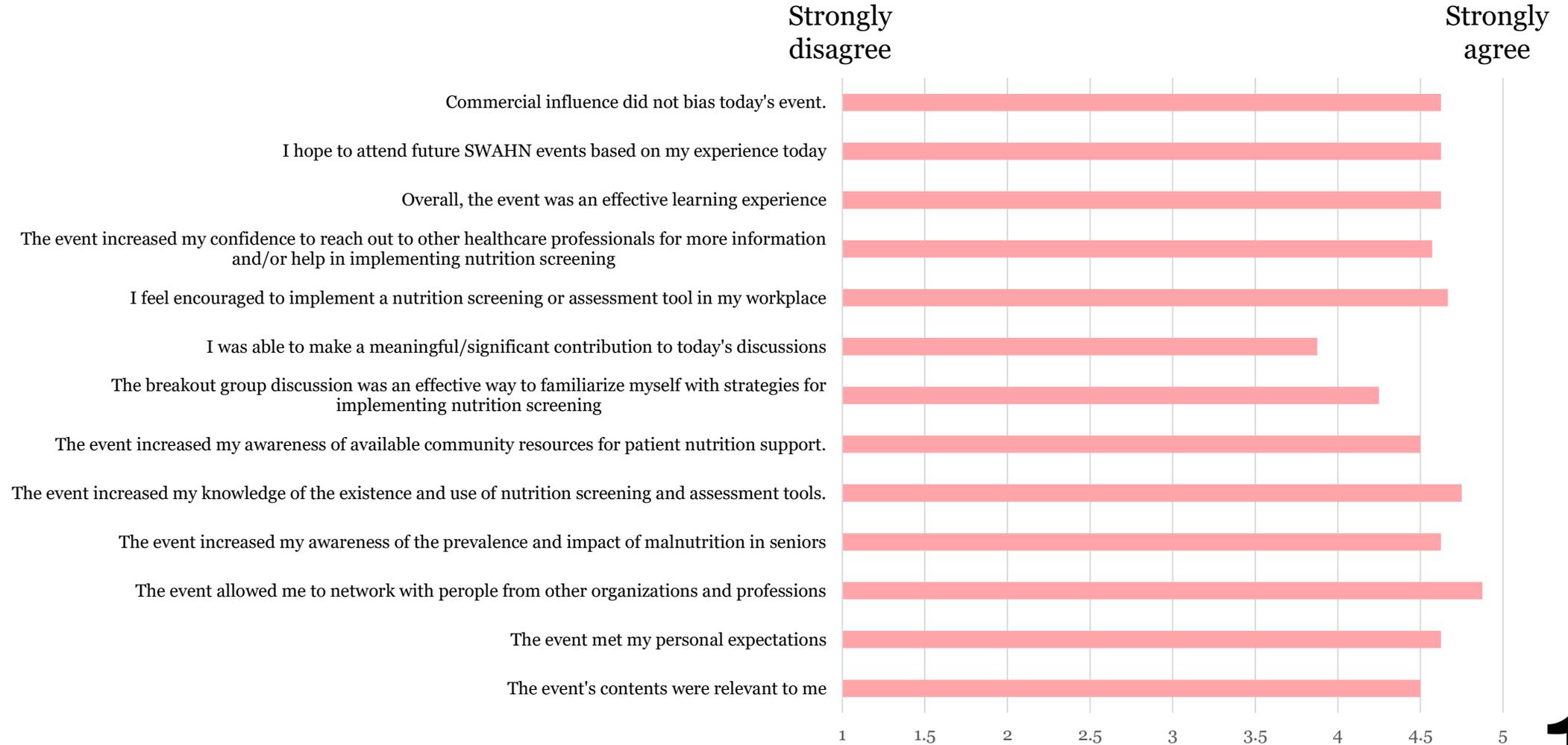
Results

- 11 attendees
 - 6 pharmacists
 - 4 dietitians
 - 1 other

- 8 attendees completed survey (73% response rate)



Results



Results

Do you plan to implement nutrition screening and/or assessment in your workplace?



■ Yes ■ No ■ N/A

Feedback:

- Dietitians and pharmacists appreciated meeting and found workshop valuable
- Lack of access to dietitians is a barrier in implementing nutrition screening
- Shorter session preferred

Conclusions

- Pilot workshop connecting pharmacists and dietitians was well-received
- Attendees intend to implement nutrition screening in their practice
- Increased access to dietitians in the community is desired
- Shorter workshops preferred



Next steps

- Follow-up survey via email
 - Have you implemented nutrition screening? If so, how?
 - Barriers?
 - Enablers?
 - Additional training?

- Future workshops
 - Other geographical locations
 - Additional healthcare professionals
 - More attendees?

Acknowledgments

- **Michele MacDonald Werstuck – keynote speaker**
 - Registered Dietitian and Certified Diabetes Educator; Chair, Dietitians of Canada, Primary Health Care Action Group; Assistant Professor McMaster University, Dept Family Medicine; Hamilton Family Health Team



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