

# The Mini Nutritional Assessment Tool:

## A step in the right direction

### Category 7

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The MNA Tool: A step in the right direction  
SSWAHS

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# Aim

- To determine the percentage of patients malnourished or at risk of malnutrition on a Geriatric / Rehabilitation Ward
- The stretch goal was to ensure that by the end of 2007, 100% of all patients in this ward who are at risk of malnutrition are referred to the Dietitian for further assessment

# Nature and Extent of the Problem

- Inadequate referrals and/or identification
  - Patients bypassed
  - Assuming patient not needing referral based on appearance
- The significance of malnutrition in Australian hospitals as indicated in the literature
- Department statistics indicating a low number of referrals to the Dietitian

# Strategic importance

## *Goals*

To keep people healthy and to deliver a quality service while managing health services well

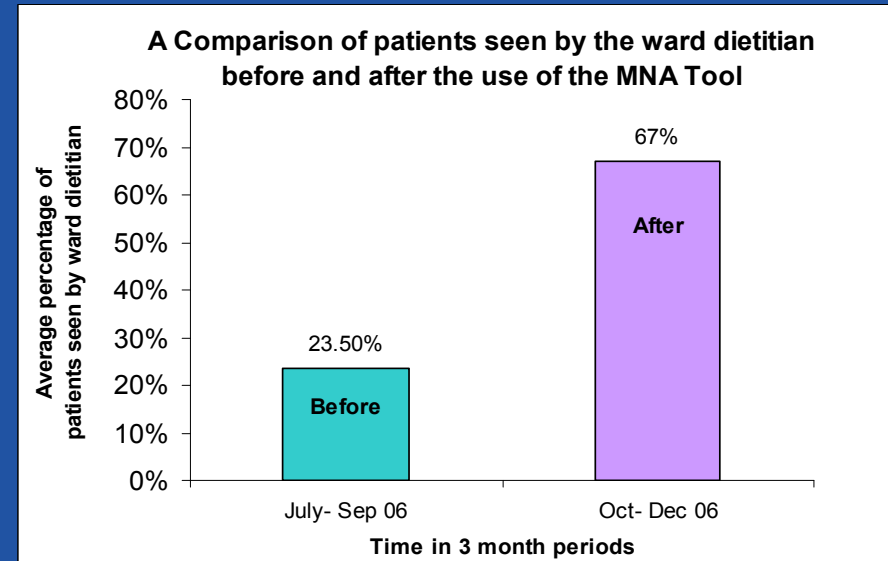
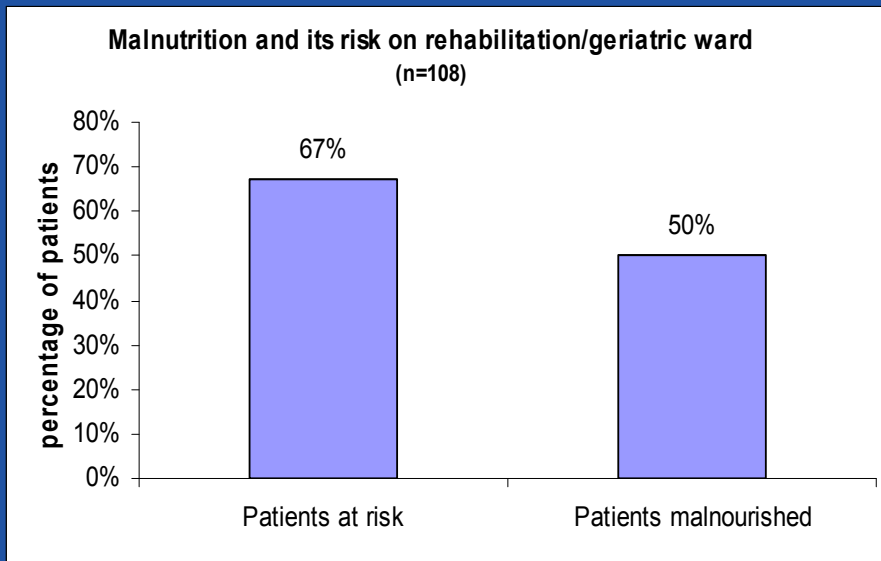
## *Strategic Directions*

- (7) Be ready for new risks and opportunities
  - Population ageing
  - Significant increases in the number of elderly
  
- (1) Make prevention everybody's business
  - Preventing malnutrition through early detection and healthy ageing education

# Planning & Implementing solutions

- Educational Sessions
  - Training nursing staff
  - Explaining the layout and methods of questioning using the screening section of the MNA Tool.
- Sample size- 108 patients screened on admission
- Dietitian referred for assessment if patient is red flagged as “**at risk**” via the screening
- Total (screening and assessment) score- Not malnourished / risk / malnourished?

# Outcomes & Evaluation



# Sustaining Change

- A standard screening procedure for malnutrition.
  - Form is to be inserted in each patient file on admission
- Regular training to be provided to the ward nursing staff
- A standing item on the ward meetings agenda

# Lessons Learned

- The importance of early identification and intervention
- Multidisciplinary teamwork
- Collecting quantitative data

# Future Scope

- Screening procedure to be implemented on other hospital wards
  - Stroke/CVA and Fractured neck of femur patients
- Using the quantitative data for future Quality Improvement and Research purposes