

Nutrition Screening Quality Improvement at the University of Washington High-Risk Infant Follow-up Clinic



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INTRODUCTION

After leaving the Neonatal ICU (NICU), infants may be referred to receive an evaluation at the University of Washington High-Risk Infant Follow-up (UW HRIF) Program at the Center on Human Development and Disability. Early nutritional status of these infants is important to growth, development, and long-term health. The UW HRIF Program includes a dietitian, but their new nutrition screening process required re-evaluation and improvements. Currently, patient caregivers receive a nutrition questionnaire one month prior to their appointment (with a stamped envelope) to determine nutrition risk and if they would like to see a dietitian.

METHODS

- Developed a survey and disseminated it to HRIF clinic dietitians (Figure 1).
- Reviewed literature surrounding ex-premie nutrition and feeding.
- Collected, analyzed, and interpreted survey results.
- Created an algorithm and set of recommendations to improve nutrition screening at the UW HRIF clinic.
- Created a handout for caregivers of UW HRIF clinic patients for transitional feeding at home.
- Presented recommendations to the HRIF Clinic.

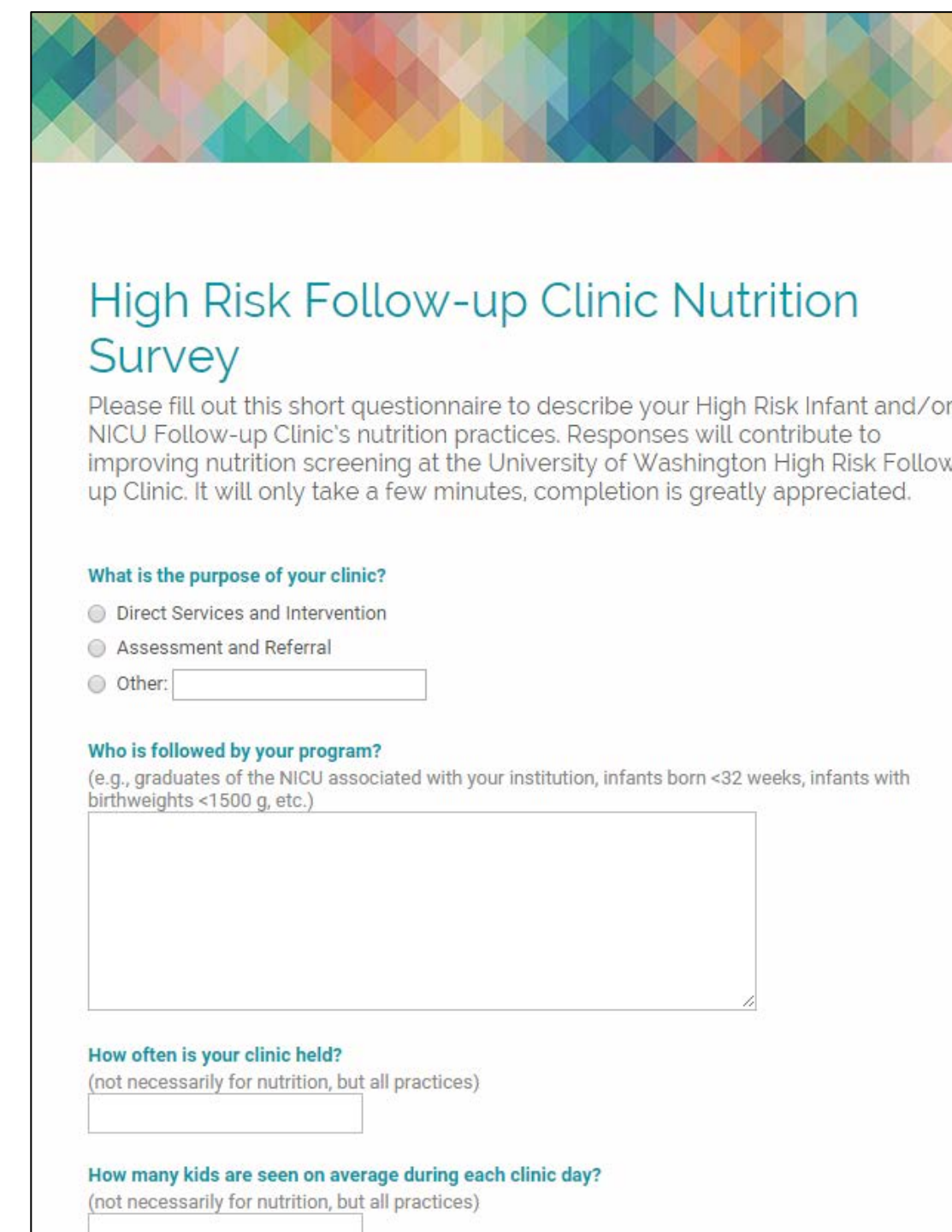


Figure 1: Page 1 of the survey, which included 20 questions. Responses were received from 17 dietitians in 14 states.

CONCLUSION & APPLICATIONS

The products of this project will:

- Implement a more systematized and formal strategy for seeing a dietitian in the HRIF clinic
- Improve the organization and efficiency of the clinic
- Improve nutrition care of patients

The next steps will be:

- Execute the algorithm and handout at the clinic
- Monitor and evaluate for effectiveness by:
 - Survey the dietitians at the clinic
 - Monitor increase in billed nutrition hours
 - Administer a survey to families to determine if their nutrition needs were addressed.

RESULTS: THE SURVEY, ALGORITHM, HANDOUT & PRESENTATION

What changes would improve Nutrition's role in your clinic?

- Time (67%)
- More organization (25%)

The algorithm (Fig 3) ensures that all of next week's patients' nutrition risk will be addressed and the dietitian's patient schedule is organized in advance.

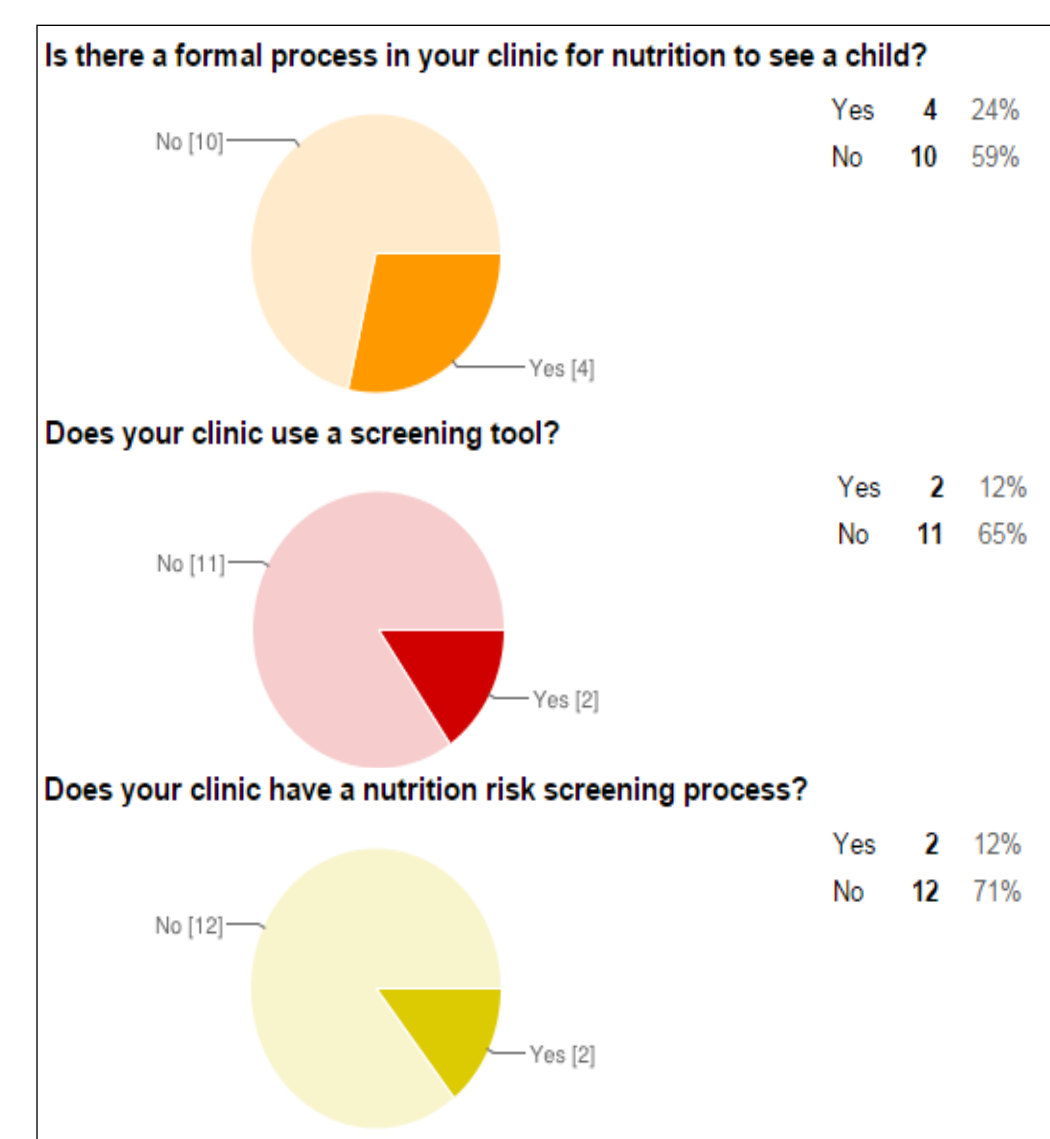


Figure 2: Analysis of three relevant questions on the survey sent to HRIF dietitians.

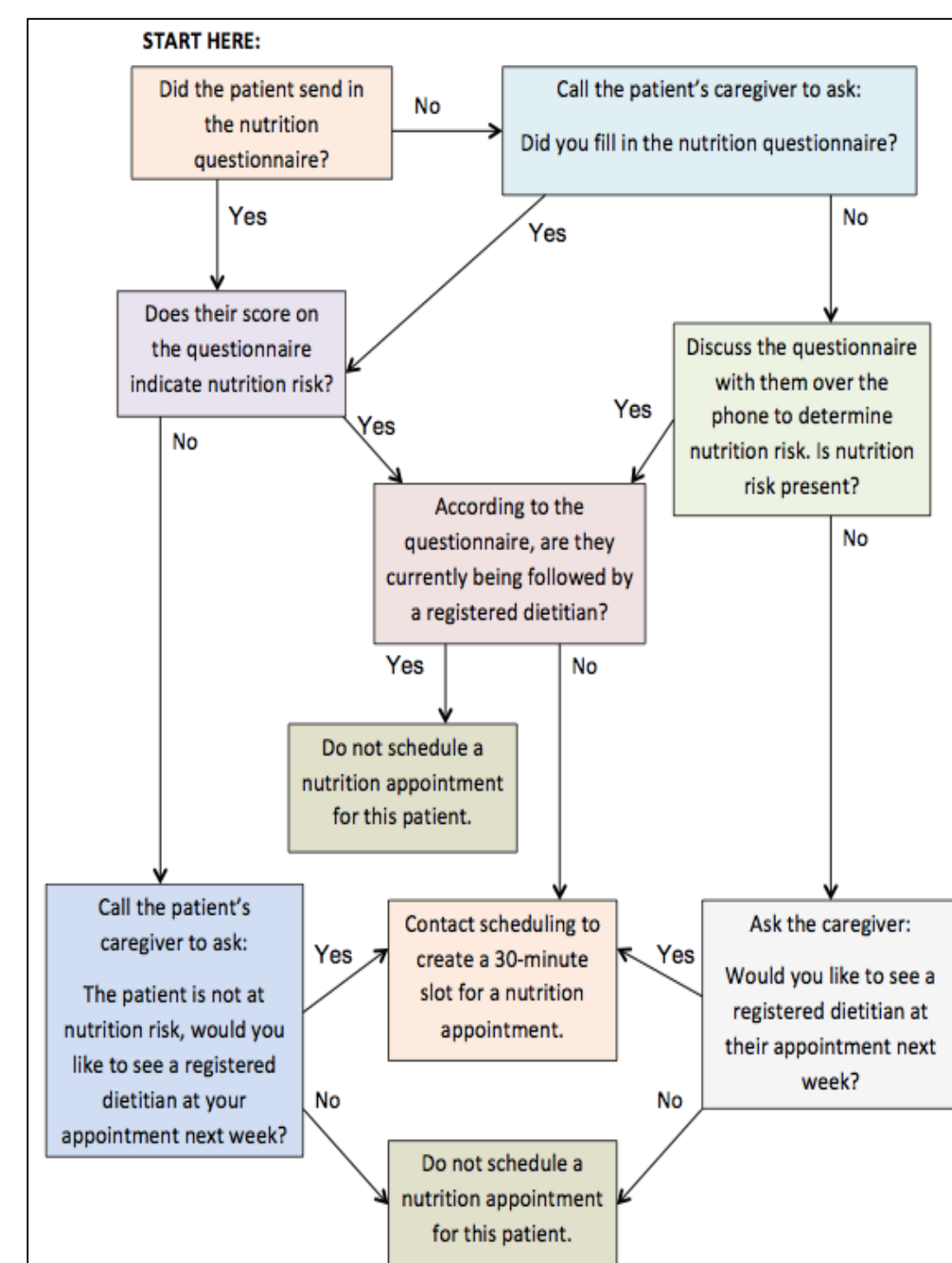


Figure 3: Screening algorithm developed.

OBJECTIVES

To offer recommendations for improvements to the new nutrition screening process in the UWMC HRIF clinic and address the following questions:

1. What are other HRIF clinics doing to screen for nutrition risk? How is this information applicable to the UWMC HRIF program?
2. How can nutrition screening at the UW HRIF clinic be improved?
3. What additional nutrition resource would be helpful for families of high-risk infants?

Transitioning to Solid Foods
By 4 to 6 months corrected age*, infants may be developmentally ready to begin experiencing and consuming foods other than breast milk or formula. The real question is, how do you know when your infant is ready?

Feeding & Nutrition Resources

- ▶ Abbott Nutrition Parents' Survival Guide to Transitional Feeding (www.abbottnutrition.com)
 - Handy guidebook with everything you need to know about transitioning to solid foods, from techniques to allergies!
- ▶ Nemours Kids Health (www.kidshealth.org)
 - This site has several articles answering parent FAQs about nutrition and feeding, including one titled "Feeding your 4- to 7-Month-Old"
- ▶ Feeding Matters (www.feedingmatters.org)
 - Resources and discussion for parents of infants and children with eating difficulties, including provider directory and parent support.

Local Resources

- ▶ For nutrition and feeding resources near you, visit the Center for Children with Special Needs website resources directory at: www.cshcn.org/resources-contacts/resources-directory
- ▶ If you have concerns about your child's growth or nutritional intake, speak with your pediatrician about an RD referral.

Figure 4: Handout developed from literature review.

PRESENTATION

Presented the survey results and plan for improving nutrition screening at the UW HRIF clinic.

FUNDING

The Maternal & Child Health Bureau Pediatric Pulmonary Center Fellowship

