Factors that Influence Obtaining a Dietary Consult (DC)

Study Title
Predictors of dietitian consult on medical and surgical wards

The Study
The goal of this study was to assess what factors lead to the hospital health care team obtaining a dietitian consult (DC) for a patient. 947 patients who consumed their nutrition via regular food were participants. Patients were from the medical and surgical wards of 18 different Canadian hospitals. They were assessed with several tools: subjective global assessment (SGA) to determine malnutrition, body mass index, patient demographics, dietary intake, and presence of a DC. The main comparison was between obtaining a DC within 3 days or within 4 or greater days.

What Was Found
1. Moderate to severe malnutrition was found in 45% of participants.
2. Dietitians were consulted for 23% of patients. From these patients:
   a. 44% were well nourished
   b. 37% were mildly/moderately malnourished
   c. 19% were severely malnourished
3. DC missed out on 75% of the moderately and severely malnourished patients

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<tr>
<th>Predictors of consultation within….</th>
<th>3 days</th>
<th>4 + days</th>
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<tbody>
<tr>
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<td>• Kidney specific diet • Modified texture diet • Metabolic medical condition • ONS use before admission • Severe malnutrition • Age</td>
<td>• Dysphagia • A new medical diagnosis • Severe malnutrition • Constipation • More than one diagnosis • Antibiotic use • Male gender</td>
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Steps to Improve
- Care must be taken not to miss the following vulnerable populations who could benefit from a dietitian consult:
  - Patients with malnutrition (moderate or severe scores on the SGA).
  - Patients eating less than half of their meals

Where to Find the Full Article
http://www.clinicalnutritionjournal.com/article/S0261-5614(14)00292-1/abstract


Authors: