

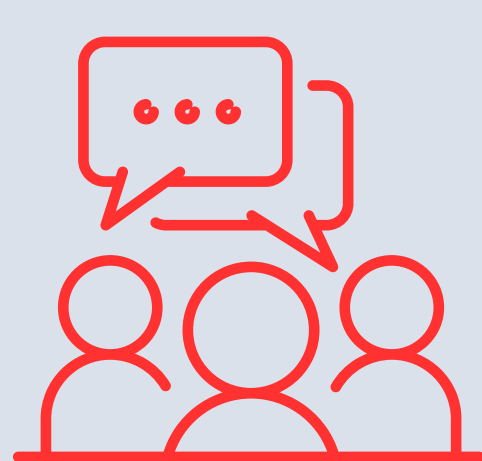
Background

General medicine is a demanding and dynamic area in acute hospitals, providing care to patients with complex multi-system disorders. The general medicine clinical nutrition team at a quaternary hospital supports a rotating program for Early Career Dietitians (ECD).

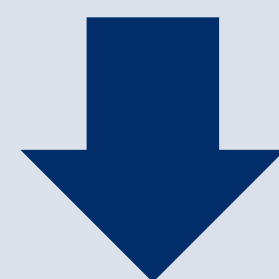
Aim

We aimed to improve knowledge, confidence and satisfaction of dietitians working in general medicine.

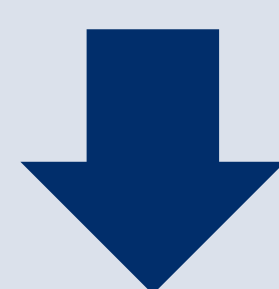
Method



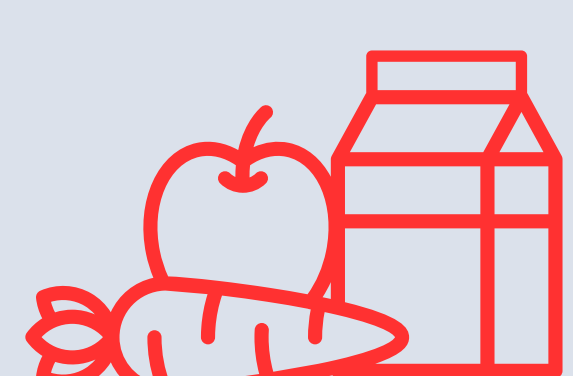
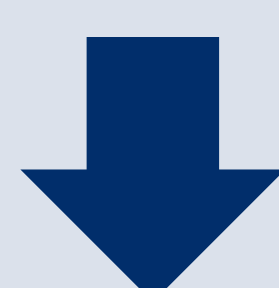
A General Medicine Nutrition Round (GMNR) was implemented weekly to facilitate peer led learning and support.



Pre-post surveys were completed by ECD at the beginning and end of their rotation to assess perceived clinical knowledge and confidence.



A Likert scale was used to measure how comfortable ECD felt advocating to the broader multidisciplinary team (MDT) regarding nutrition plans.

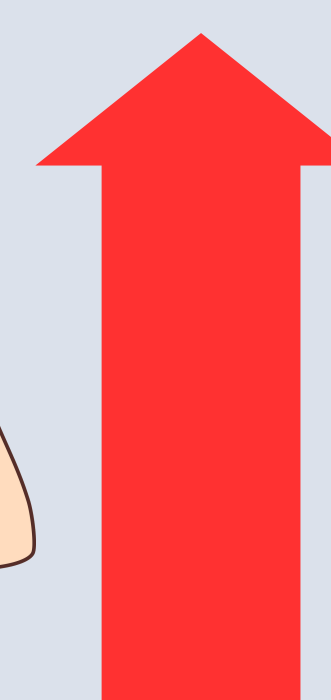


Any changes to nutrition interventions following GMNR discussions were also recorded.

Results

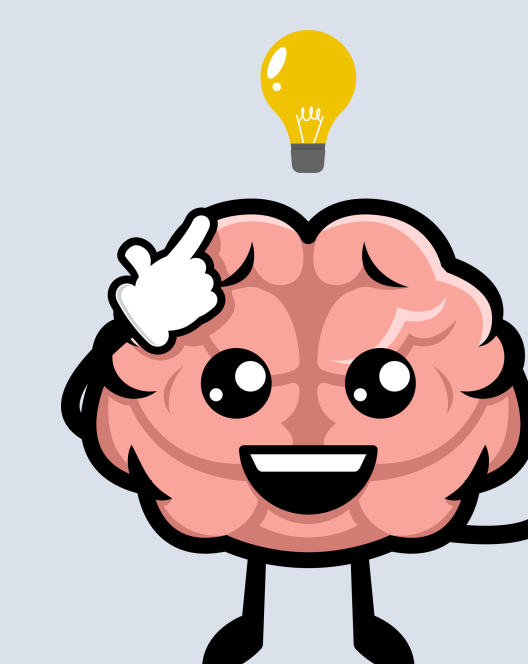
Over 12 months, a GMNR was completed 28 times, where ninety-two individual patients were discussed and reviewed.

ECD completed 10 pre-surveys and 9 post surveys.

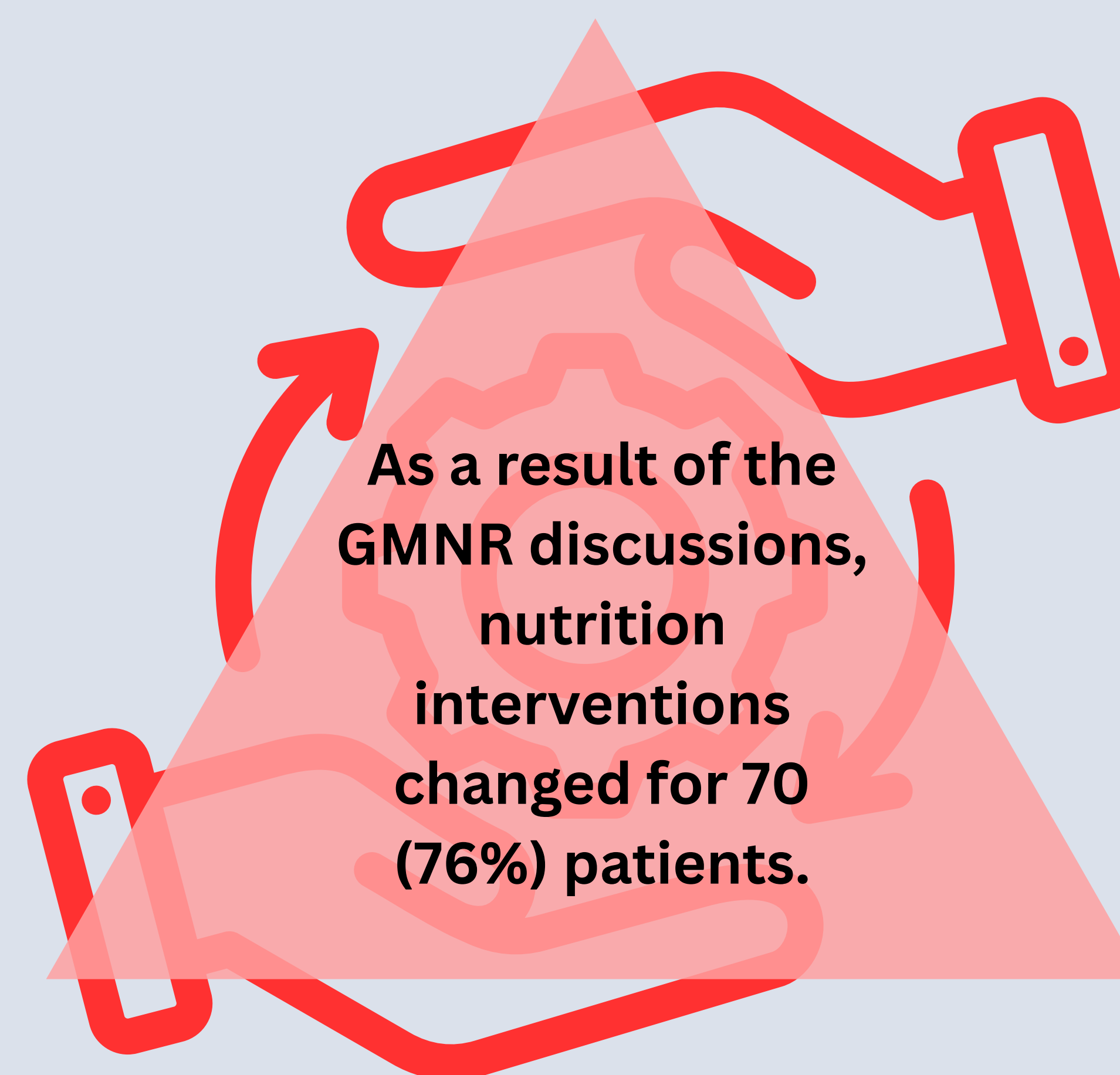


Perceived confidence increased by 16% in post-survey responses

Perceived clinical knowledge increased by 30% in post-survey responses



Median rating of how comfortable ECD reported they were in advocating to the MDT at the beginning of their general medicine rotation was 3.5 [2.5-4] compared to 4.5 [4-5] post-rotation.



As a result of the GMNR discussions, nutrition interventions changed for 70 (76%) patients.

Conclusion

The GMNR promoted peer led and team-based discussion of nutrition interventions for inpatients. This helped to improve confidence and clinical knowledge for ECD and also optimised nutrition management plans.

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