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Title

Implementation of Nutritional Assessment in practice; how do we get there?

Abstract

Nutritional assessment is a crucial step in the nutrition care process. Nutritional assessment is the basis for the dietary treatment plan, and allows the dietitian to diagnose nutrition-related disorders, and monitor effects of (nutritional) interventions. But, how can we make the step from theory to practice? Taking the step from occasional measurements to routine practice, to make sure that nutritional assessment has added value for the patient and dietitian, is probably not only the most challenging, but also the most important. In this lecture, tips and tricks on how to implement nutritional assessment in daily practice will be presented. Examples will be given from experiences in a hospital setting, in which facilitators and barriers for implementation will be discussed.

Key references

- 1) Dodds al. PLoS One 9:e113637
- 2) Carrie P. Earthman et al. JPEN J Parenter Enteral Nutr 2015;0148607115619599

Key messages

- 1) Nutritional Assessment; You have to do it in practice.
- 2) Nutritional Assessment; Make it a policy