

The Making of a Nutrition Support Committee



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Background

With the rise of malnutrition in the hospital setting, there has been increased focus on and use of nutrition support. Nutrition support via the enteral or parenteral route requires more than just the dietitian for optimal provision, it truly needs a multidisciplinary approach to be successful.

At Northwestern McHenry Hospital, areas of opportunity were identified around the provision of nutrition support for our hospitalized patients, as well as patients discharging home on nutrition support. To address these areas, the Nutrition Support Committee (NSC) was developed to allow key nutrition, pharmacy, nursing, and physician staff to collaborate on developing solutions to ensure optimal provision and education around nutrition support.

The NSC is an interdisciplinary committee that focuses on comparing current practices to clinical guidelines, and best practice standards for patients requiring nutrition support. The NSC also focuses on identifying areas of improvement from an interdisciplinary lens.

Purpose, Scope, and Planning for a Meeting

Purpose of the Nutrition Support Committee:

- Facilitate collaboration amongst nurse leaders, nurse educators, pharmacy, nutrition, physicians, and care coordination staff regarding development and implementation of best practices for patients receiving nutrition support
- Provide a forum to discuss planning, development, and delivery of quality care for our patients on enteral and parenteral nutrition
- Facilitate participation in research, evidenced based practice, and quality improvement projects
- Incorporate research, evidenced based practice and quality standards into daily practice

In Scope: Parenteral Nutrition and Enteral Nutrition related topics

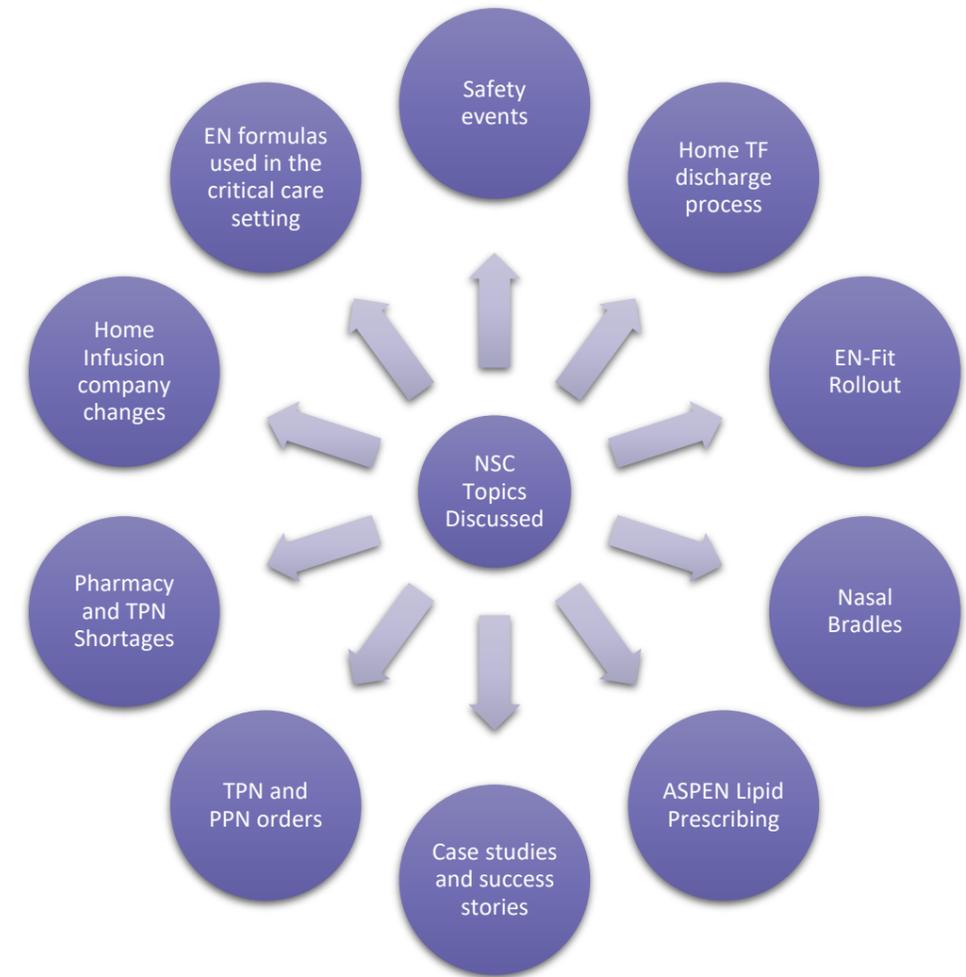
Out of Scope: Oral diets and supplements

Committee Members
Inpatient Dietitian
Outpatient Dietitian
Pharmacist
Care Coordinator
Nurse
Vascular Access Nurse
Director of Nursing Operations
Physician
Clinical Practice Specialist, Nurse Educator

Planning before and after each meeting:

- Request for NSC agenda items 1 month prior to meeting
- Agenda sent out 1 week prior to meeting
- NSC member assigned to take minutes
- Minutes sent out within 1 week post meeting
- Electronic voting utilized to approve minutes
- Approved minutes added to Nutrition Support Committee TEAMS channel

Topics Discussed at the Nutrition Support Committee



Process improvement as a result of the Nutrition Support Committee

- Pharmacy and Nutrition subcommittee created to review TPN safety issues, shortages, and identify solutions
- Process update allowing a dietitian to request a pharmacy consult to conduct a medication review for patients with new feeding tube
- Clarifying verbiage in our TPN and PPN orders to alleviate possible safety issues

Evolution of the Nutrition Support Committee



Challenges and Learnings

Challenges:

- Initial participation was low due to increased demands on the clinical staff during the COVID-19 pandemic

Learnings:

- Broad multidisciplinary representation helps to facilitate depth of knowledge and diverse process improvement development
- Clearly identify scope and protect against scope creep
- Build excitement around your committee within your location/system, have patience and perseverance, it may take a few months to gain traction, but if you're passionate it will!