

Implementation of Thickened Nutritional Supplements to Improve Patient Access

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Problem

- Patients on thickened liquid diets did not have access to certain recommended specialty nutrition supplements, limiting them from getting the required nutrients they need to heal.
- Oral nutrition supplement drinks do not come pre-thickened. Recipes needed to be developed and vetted by speech language pathology (SLP) and registered dietitian nutritionists (RDNs) and implemented by foodservice (Aramark).
- UCM Annual Operating Plan - Quality and Safety:** Proactively prevent harm and enhance quality and patient safety performance across the health system, fostering continuous improvement through alignment of goals across operations, and clinical departments.

Goal

Establish recipes for kitchen to safely allow all patients on thickened liquids to have access to all nutritional supplements during hospital stay.

Strategy

SLPs and RDNs identified gap in ability to offer some nutritional supplements to patients who are recommended thickened liquids

Established recipes were shared with clinical nutrition

- Created “recipe card” for foodservice with type of nutritional supplement, established amount of thickener needed, and instructions for mixing

Providers, wound care RNs, and RDNs will be able to recommend thickened nutritional supplements

Flow tested liquids to establish recipes for mildly and moderately thick consistencies

- Used International Dysphagia Diet Standardization Initiative (IDDSI) framework
- Flowrates were established across 3 trials per consistency per supplement of mildly and moderately thick by SLPs

Foodservice staff will be provided training on new recipes prior to house wide implementation

- Hands on demonstration to ensure accuracy
- Audits will be completed by RDN and SLP teams to ensure quality and appropriate consistency

Results to Date



Built thickened Juven options in CBORD; Updated ordering screen in Epic

Oral Nutrition Supplement

Supplement Type	Ensure	Ensure Clear	Glucerna Shake	Juven	Kate Farms 1.4 cal	Magic Cup	Nepro	Pro-Stat
Supplement Options	Orange Juven w/ water Orange Juven w/ water, mildly thick Orange Juven w/ water, moderately thick Unflavored Juven w/ cranberry juice							
Supplement Times	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner							



Developed Recipe Cards for Foodservice

Orange Juven w/water 8 oz Mildly Thick (MT2)	Orange Juven w/water 8 oz Moderately Thick (MO3)
8 oz water + 1 orange Juven packet + 3 Simply Thick mildly thick/nectar packets	8 oz water + 1 orange Juven packet + 5 Simply Thick mildly thick/nectar packets

Use Simply Thick Easy Mix brand.

- Measure and pour 8 oz water (MUST BE EXACT) into a cup that is larger than 8 oz (to allow for mixing without spilling).
- Mix 1 packet orange Juven into 8 oz water. Stir well until dissolved.
- Using the chart above, add the appropriate number of Simply Thick mildly thick/nectar packets into the container/cup (do not use yellow/moderately thick packets).
- Mix with spoon for at least 20 seconds until thickener and Juven is evenly distributed with no visible clumps of products. (No need to use blender)



Abbott Nutrition provided in-services for RNs on the importance of Juven for wound healing on September 8th and 11th.

Next Steps

- Continue IDSSI audits; create action plans and enter Occurrence Reports, as needed
- Train kitchen staff on Juven® , Kate Farms® recipes
- Develop recipes for Carnation Instant Breakfast supplement
- Improve labeling for thickened supplements
- Educate providers and allied health staff of improved access to nutritional supplements

Acknowledgements

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