

# Tackling Malnutrition at Vancouver Coastal Health: Implementation of Subjective Global Assessment (SGA)

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## INTRODUCTION

Malnutrition impacts 20-40% of patients with chronic kidney disease (CKD).

### Malnutrition leads to:

- ◆ Negative patient outcomes
- ◆ Extended length of stay
- ◆ Increased costs to the healthcare system

### SGA:

- ◆ Is a simple, gold standard, bedside method
- ◆ Diagnoses malnutrition
- ◆ Identifies those who would benefit from specialized nutrition care
- ◆ Is validated for use in various patient populations, including those with CKD

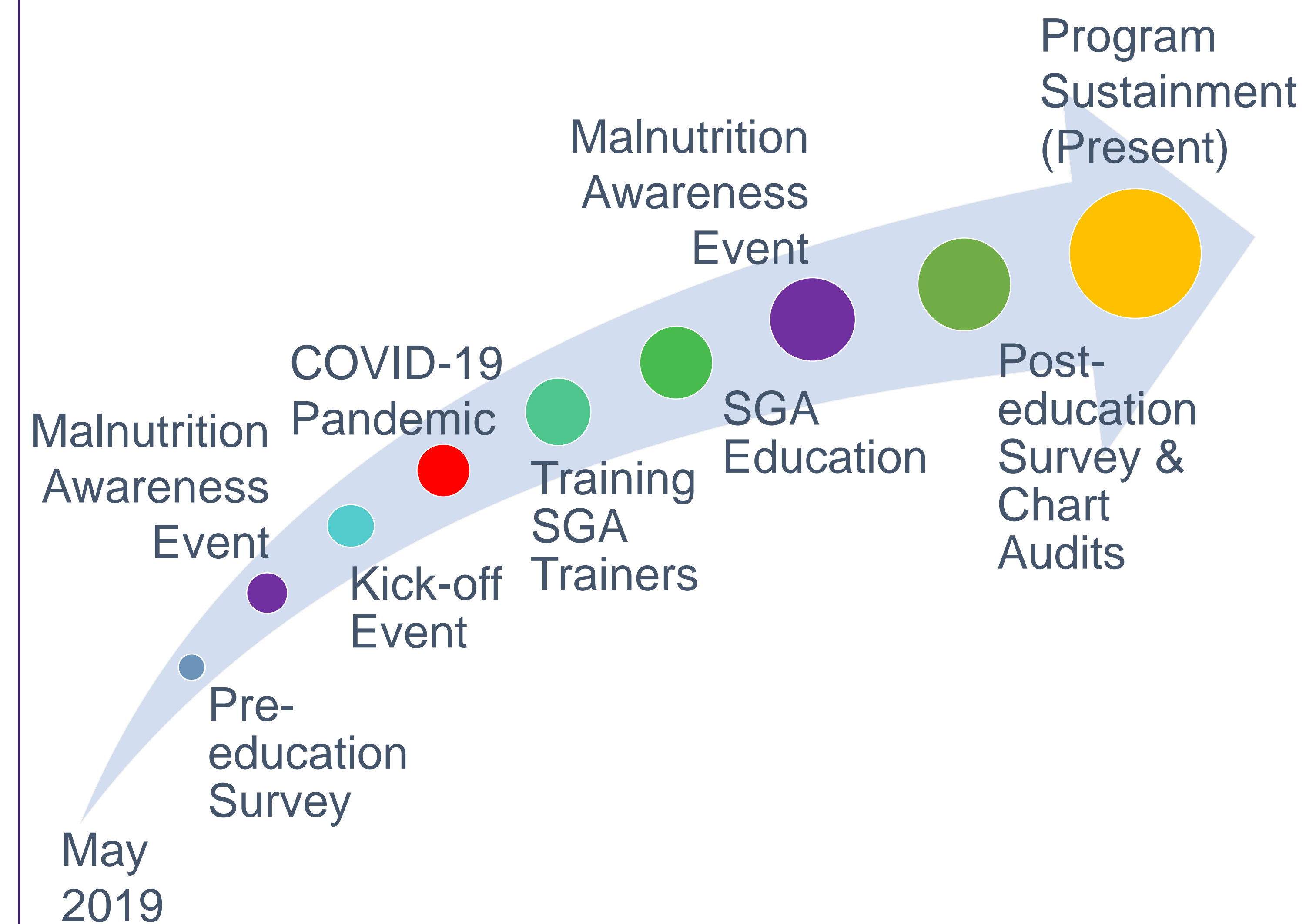
## PURPOSE

To implement SGA at three Vancouver Acute (VA) Care sites

## PROCESS

1. Conducted needs assessment and staff engagement activities
2. Developed a SGA training program:
  - ◆ Train-the-Trainer model
  - ◆ Resources (lesson plans, slide decks, case bank)
  - ◆ SGA Resource dietitians (RDs) for ongoing support

## SYSTEMATIC APPROACH

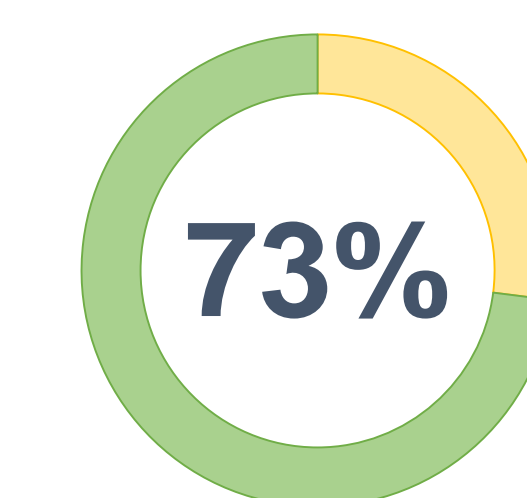
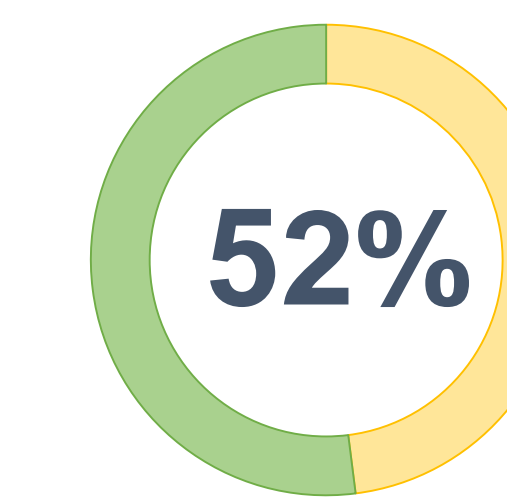


## RESULTS

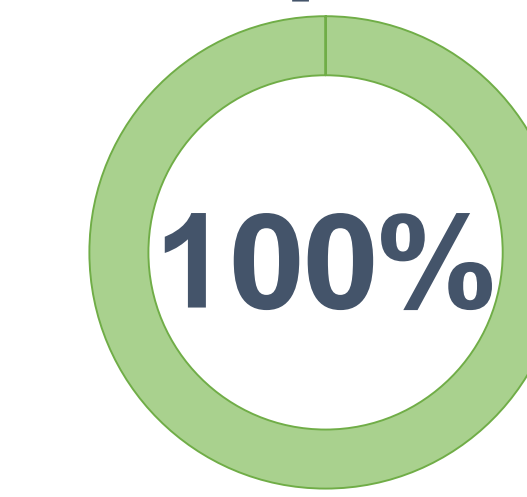
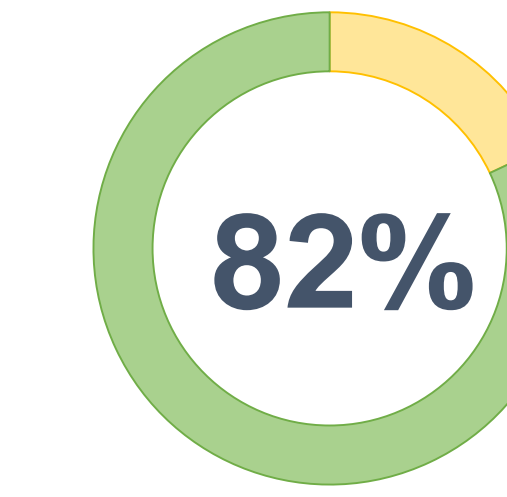
**8 SGA Trainers** **34 RDs** Received SGA Education

Before Education

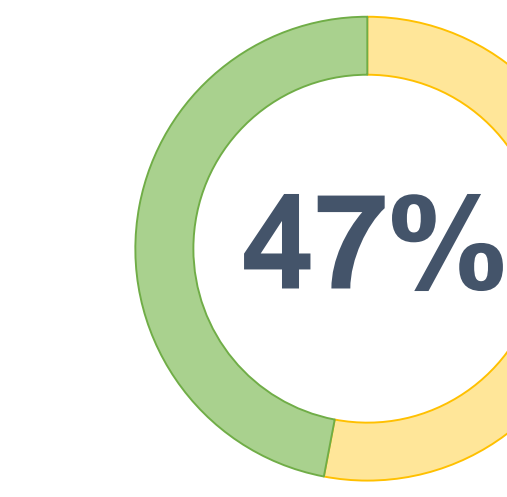
After Education



of RDs felt competent/somewhat competent



of RDs felt confident/somewhat confident



of RDs used SGA on at least half of their patients

**170 Charts Audited** → **75%** of Charts had SGA Ratings

## CONCLUSIONS

Successful dietitian SGA training and implementation were achieved by:

- ◆ Utilizing the train-the-trainer model as an effective education delivery method
- ◆ Engaging dietitian staff and interdisciplinary teams

VA dietitians, including those who work with CKD patients, are more confident in using SGA as a tool to improve nutrition care and nutrition status of patients. It is essential to plan for program sustainability by ensuring ongoing support for dietitians and continuing to increase malnutrition awareness amongst staff.

## ACKNOWLEDGEMENTS

This project was supported by a PHC/VCH Knowledge Translation Challenge grant, funded by the Robert H. N. Ho Enhancing Patient Care Fund.

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