



Radboudumc



Ziekenhuis
Gelderse
Vallei



Voedingszorg rondom de operatie

VoedingNL, 10 maart 2020

Harm van Noort, verpleegkundig wetenschapper



Dank!

Promotieteam

- Prof dr. Hester Vermeulen (Radboudumc)
- Prof. dr. Ben Witteman (ZGV/WUR)
- Dr. Getty Huisman-de Waal (Radboudumc)

Speciaal: dr. Ria den Hertog en drs. Gerda van de Berg

Collega's ZGV, Radboudumc, en CHE

Hoe het begon





Notes on Nursing

Florence Nightingale



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‘what the patient is to eat—perhaps the most important thing to be provided for him after the air he is to breathe’

Florence Nightingale. Notes on Nursing – What it is, and what it is not. 1859

✧ SCHOLARLY PAPER ✧

Defining the fundamentals of care

Alison Kitson RN BSc (Hons) DPhil FRCN FAAN

Professor of Nursing and Head, Discipline of Nursing, School of Population Health and Clinical Practice, University of Adelaide, Adelaide, South Australia, Australia, Associate Fellow, Green Templeton College, University of Oxford, Oxford, UK, and Director, Centre for Evidence based Practice, South Australia, a Collaborating Centre of the Joanna Briggs Institute, Adelaide, South Australia, Australia

- Communication
- Breathing
- Body temperature
- Elimination
- **Eating & drinking**
- Activities
- Care for safety
- ...

Project

BASIC CARE REVISITED – Building the evidence base in core nursing practice

Projectomschrijving

Doel

Het doel van dit project is het wetenschappelijk onderbouwen van de meest essentiële verpleegkundige zorgactiviteiten (basiszorg).

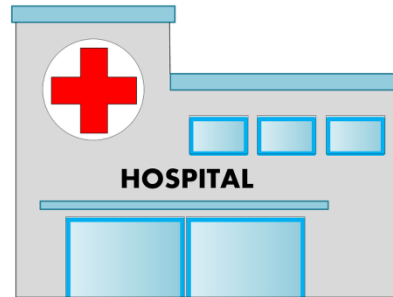
Inhoud van het project

- [> Projectomschrijving](#)
- [> Verslagen](#)

Projectgegevens

Projectnummer
520002003

Eten rondom de operatie



Preoperatief



Perioperatief



Postoperatief





Preoperatieve spreekuur

Ziekenhuis

Clinical Nutrition xxx (xxxx) xxx

Contents lists available at ScienceDirect

Clinical Nutrition

Journal homepage: <http://www.elsevier.com/locate/clinu>

ELSEVIER

Randomized Control Trials

An outpatient nursing nutritional intervention to prehabilitate undernourished patients planned for surgery: A multicentre, cluster-randomised pilot study

Harm H.J. van Noort^{a, b, *}, Ben J.M. Witteman^{c, d}, Hester Vermeulen^{b, e}, Getty Huisman-de Waal^b, On the behalf of the Basic Care Revisited research group

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^e Faculty of Health and Social Studies, HAN University of Applied Sciences, Nijmegen, the Netherlands

Feasibility/piloting

- 1 Testing procedures
- 2 Estimating recruitment/retention
- 3 Determining sample size

Development

- 1 Identifying the evidence base
- 2 Identifying/developing theory
- 3 Modelling process and outcomes

Evaluation

- 1 Assessing effectiveness
- 2 Understanding change process
- 3 Assessing cost-effectiveness

Noort et al. BMC Health Services Research (2018) 20:152
<https://doi.org/10.1186/s12913-020-4964-6>

BMC Health Services Research

RESEARCH ARTICLE Open Access

Using intervention mapping to develop an outpatient nursing nutritional intervention to improve nutritional status in undernourished patients planned for surgery

Harm H. J. van Noort^{1,2}, Maud Heinen¹, Monique van Asseldonk¹, Roelof G. A. Ettema^{3,4}, Hester Vermeulen^{2,5}, Getty Huisman-de Waal² and On the behalf of the Basic Care Revisited (BCR) Research group

Abstract
 Background: Undernutrition in surgical patients leads to a higher risk of postoperative complications like infections

Received: 1 June 2018 | Accepted: 15 July 2018
 DOI: 10.1111/jon.14629

WILEY *Journal of Clinical Nursing*

REVIEW

Outpatient preoperative oral nutritional support for undernourished surgical patients: A systematic review

Harm H.J. van Noort^{1,2} | Roelof G.A. Ettema^{3,4} | Hester Vermeulen² | Getty Huisman-de Waal² | on the behalf of the Basic Care Revisited Group (BCR)

¹Department of Innovation of Care, Gelderse Vallei Hospital, Ede, The Netherlands
²Radboud University Medical Centre, Radboud Institute for Health Sciences, IQ healthcare, Nijmegen, The Netherlands

Abstract
Aims and objectives: To evaluate the effects of preoperative nutritional support using a regular diet for undernourished surgical patients at the outpatient clinic.
Background: Undernutrition (or malnutrition) in surgical patients has severe conse-

Implementation

Dissemination
 Surveillance and monitoring
 Long term follow-up

MRC framework for the research and development of complex interventions (MRC 2008)

Preoperatieve Verpleegkundige Voedingszorg

1. Bepalen oorzaken van ondervoeding
2. Uitvoeren van voedingszorgplan: Informatie, advies, verwijzing naar dietist
3. Monitoren van voedingsinname en eetpatroon middels een dagboekje
4. Counselling en (sociale) ondersteuning
5. Telefonisch consult na 1 week

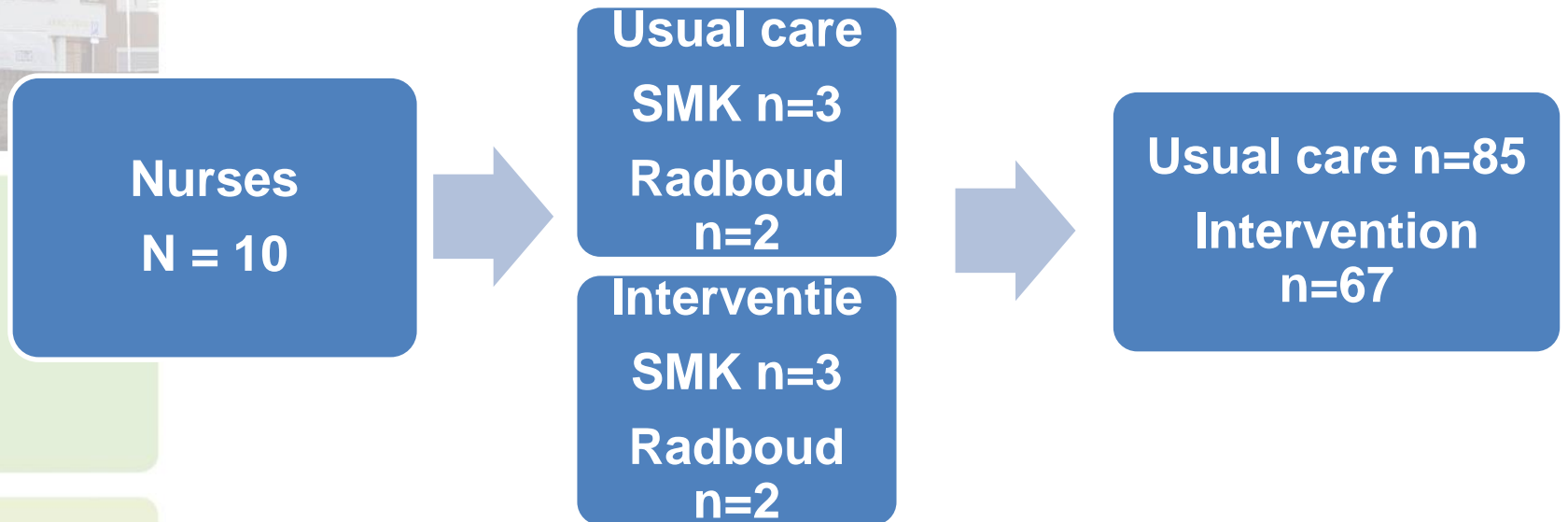




Onderzoeksopzet



- 2 poliklinieken **Radboudumc**
- Patiënten met (verhoogd risico op) ondervoeding

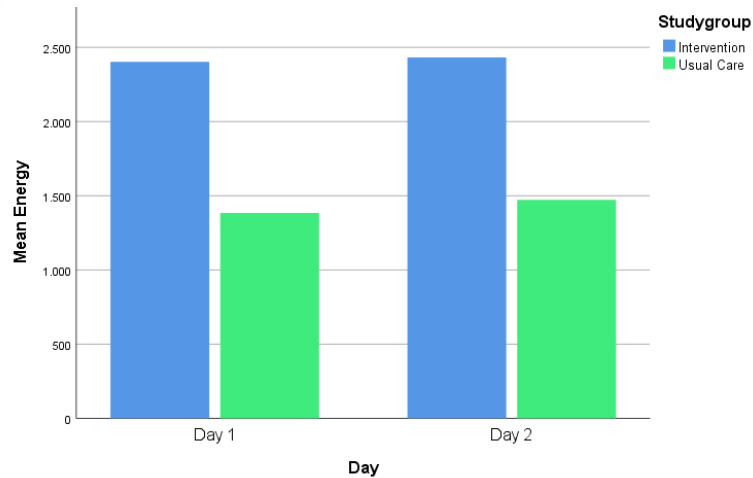


Randomisation

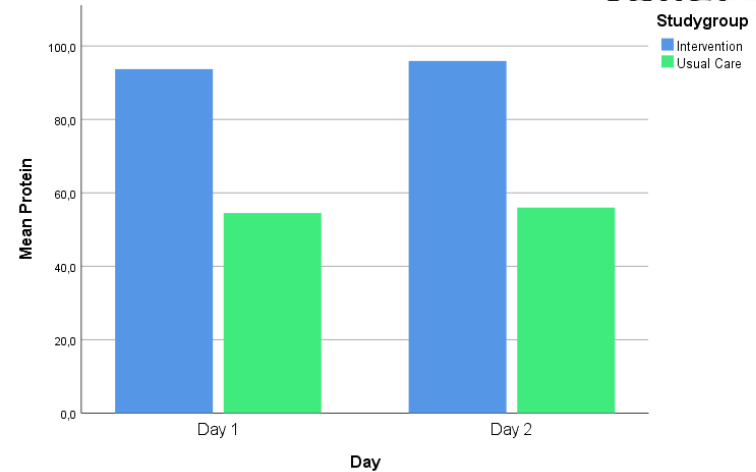
Allocation

Inclusion of patients

Effect op voedingsinname



Mean difference 870 (95%CI 630-1109) kcal
p<0.000 based on multi-variate linear regression analysis

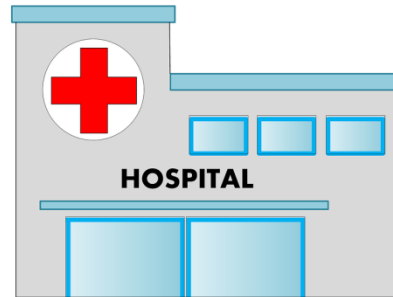


Mean difference 34.1grams (25.0-43.2)
p<0.000 based on multi-variate linear regression analysis

Inname van voedingsbehoefte

		Studie populatie N=152 (100%)	Interventie groep n=67 (44%)	UC group n=85 (56%)	p-value
Energie n (%)	Niet behaald	78 (57)	16 (26)	62 (83) X	<0.000 ^a
	Behaald	59 (43)	46 (74) ✓	13 (17)	
Eiwit n (%)	Niet behaald	99 (72)	30 (48)	69 (92) X	<0.000 ^a
	Behaald	38 (28)	32 (52) ✓	6 (8)	

Eten rondom de operatie



Preoperatief



Perioperatief



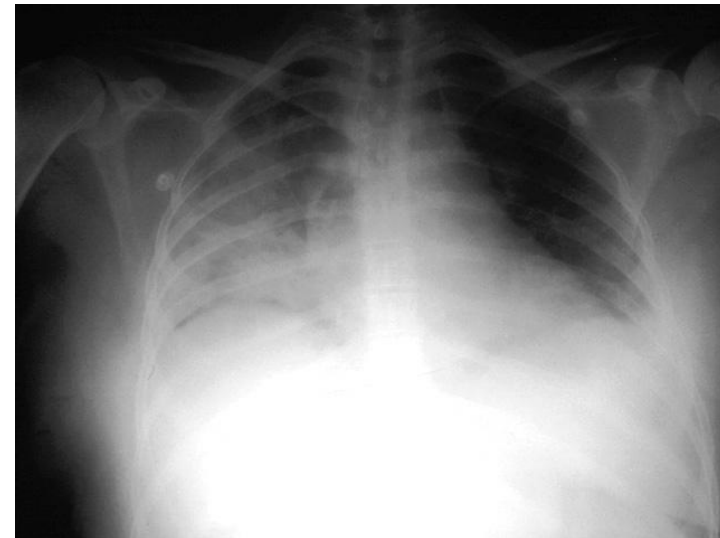
Postoperatief





Eten in de perioperatieve fase

- 6 uur nuchter zijn voor vast voedsel
- 2 uur nuchter zijn voor heldere dranken



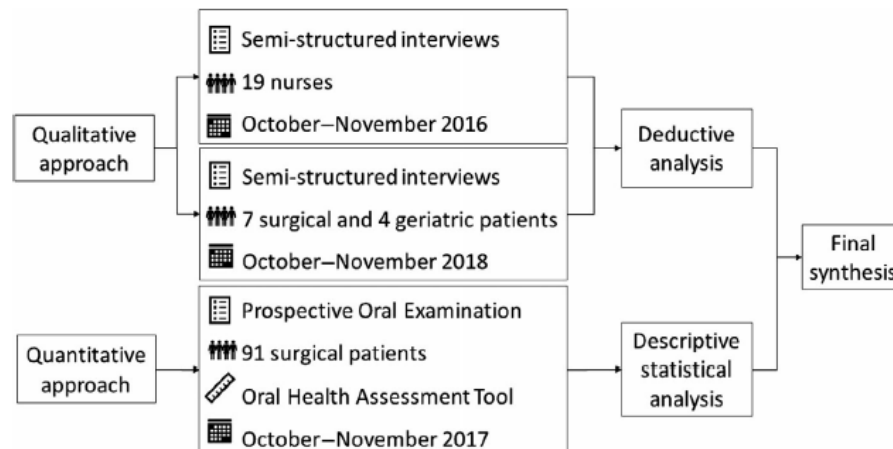
Aspiratie pneumonie in de rechter long

Practice Guidelines for Preoperative Fasting and the Use of Pharmacologic Agents to Reduce the Risk of Pulmonary Aspiration: Application to Healthy Patients Undergoing Elective Procedures: An Updated Report by the American Society of Anesthesiologists Task Force on Preoperative Fasting and the Use of Pharmacologic Agents to Reduce the Risk of Pulmonary Aspiration. *Anesthesiology*. 2017;126(3):376-93.



Mondzorg tijdens ziekenhuisopname

- Bij verpleegkundigen: Geen prioriteit, kennisgebrek, herkennen en vaardigheden ontbreken, middelen worden niet gebruikt
- Bij patiënten: niet belangrijk want ziek, wel zelf verantwoordelijk
- Mondhygiëne, speeksel, en weefsels bleken ongezond



Nurses For Food studie



Gerda van den Berg

@vandenbergh

Volgen



Aandacht voor verpleegkundige voedingszorg en zelfmanagement in tijdschrift Verpleegkunde.

Stepped Wedge Randomized Controlled Trial

Afdeling A	●	●	●	●	●	N=40-50
Afdeling B	●	●	●	●	●	N=40-50
Afdeling C	●	●	●	●	●	N=40-50
Afdeling D	●	●	●	●	●	N=40-50

Dank voor de nominatie en
uw aandacht!



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Goede
zorg
proef
je!

