

3rd Annual National Hospital Nutrition & Hydration Summit

The 3rd Annual National Hospital Nutrition and Hydration Summit was held on 29-30 November 2012 at the Novotel Melbourne on Collins.

Delegates from Australia and New Zealand gathered to discuss the importance of Nutrition and Hydration in our Hospitals with the theme of 'enhancing nutritional care within your organisation.'

Over the two days the program consisted of all aspects of dietetic practice from workforce planning and dietetic management for patients, to research and clinical practice.

Some of the highlights from the two day summit were:

Consistency of Standards, Guidelines and Policies

An overview was given on The Queensland Health Experience from the Royal Brisbane and Women's Hospital. The main discussion points from the talk were on the implementation of food and nutrition standards for meals and menus. Royal Brisbane also presented on the lessons learned from Queensland Health Malnutrition Prevention Project. The emphasis was on patient safety and implementation of the Nutrition Risk screening and assessment and corresponding support policy. Initiatives such as protective meal times and e-learning of nutrition and malnutrition training and a DVD about malnutrition focus from a Food Service perspective, were developed.

Achieving Accreditation and Evaluation Outcomes

Carmel Lazarus from St Vincent's and Mater Health, Sydney spoke about St Vincent's and Mater Health achieving an OA for Equip5 accreditation. Some of the key strategies they used were a gap analysis which was undertaken and implemented between dietician and support staff. Key areas in the Gap analysis focused on were recipe and menu development, sensory analysis, customer service training, consumer representative committee and indentifying staffs roles within the Nutritional Care Policy.



Innovative Models of Care for Malnutrition Prevention

Eastern Health in Victoria gave a presentation on the project that they worked on which investigated specific models-of-care. The project also worked on improved energy and protein intake and other important clinical outcomes in hospitalised or rehabilitation patients.

Arthritis Australia Partners with Georgia Tech

Arthritis Australia in partnership with Georgia Tech Research Institute presented their recently developed Guidelines on Food Packaging Design Accessibility. The guidelines document explains the principles of sustainable packaging, packaging that should meet market and consumer needs, including accessibility, functional and easy to open packaging.

Texture Concept Foods

The sole exhibitor Textured Concept Foods, a Melbourne company that is committed to producing smooth puree foods, showcased an extensive range of texture modified products to cater for a full range of menu items.

Textured Concept Foods also had new products on the market, a 'melt no more' ice-cream. This particular ice cream really does what it says and does not melt after it has defrosted. The ice cream has been developed to assist dysphgia patients in enabling them to eat ice cream as a part of their meal selection.



Royal Adelaide Hospital Leading the Way

Wendy Lewis Baida, the Chief Food Services Manager from Royal Adelaide Hospital, gave an insight into the complexities in developing, changing and implementing a menu. Not only to ensure the patient receives nutritionally based food when changing a menu other things to consider are logistics and storage of new items.

In summary the summit was both educational and inspirational. The cases studies presented were most helpful in generating new ideas and offered solutions to common problems and issues.

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