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

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Introduction

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
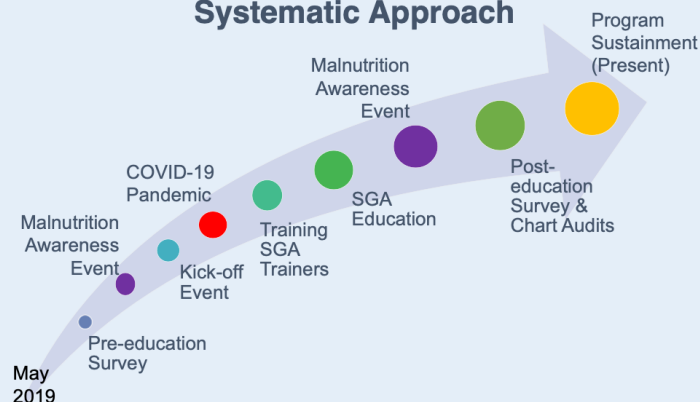
Purpose

To implement SGA at three Vancouver Acute 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

- May 2019
- Pre-education Survey
- Malnutrition Awareness Event
- Kick-off Event
- COVID-19 Pandemic
- Training SGA Trainers
- SGA Education
- Malnutrition Awareness Event
- Post-education Survey & Chart Audits
- Program Sustainment (Present)

Conclusions

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

Before Education	After Education
52%	73%

of RDs felt competent/somewhat competent

Before Education	After Education
82%	100%

of RDs felt confident/somewhat confident

Before Education	After Education
47%	100%

of RDs used SGA on at least half of their patients

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

The Train-the-Trainer model was an effective way to deliver dietitian education that can be sustained to meet future training and education needs.

Recommendations

- Utilize the train-the-trainer model as an effective education delivery method
- Engage dietitian staff and interdisciplinary team
- Increase malnutrition awareness amongst staff
- Plan for program sustainability

Significance to Dietetics

Ensuring dietitians are trained on how to perform SGA and are confident in doing so will lead to improved nutrition care and nutrition status in patients.

Vancouver Coastal Health