

Design and Development of a Nutrition Minimum Data Set for Primary Healthcare – A User-Centered Approach

by
Sasja Jul Håkonsen

Background

Malnutrition and nutritional related problems are rarely identified within the primary healthcare setting and several initiatives aiming to decrease the readmission and admission rate have been launched both nationally and internationally. A prerequisite for high-quality nutritional care and treatment within all settings, sectors and disciplines are continuity based on a precise, concise and structured documentation that accurately reflects the clinical reality. However, clinical decisions regarding care and treatment are not sufficiently described in the patients' healthcare record and does therefore not serve the purpose of supporting healthcare professionals' in deciding upon, initiating, evaluation and continuing on their clinical assessments and interventions. Current practice does not accommodate the healthcare professionals needs for documenting nutritional related data and therefore gave reason to look for tools that can support the daily documentation among a varied group of health care professionals within primary healthcare. A Nutrition MDS was proposed as a solution of interest and the development process is the primary focus of this Phd project.

Methods

The research questions in the PhD project were investigated in four studies. To describe the healthcare professionals' attitudes, knowledge and routines in regard to documentation and nutrition two studies were conducted; a cross-sectional study (study I) and a focus group study (study II). The cross-sectional study were conducted before the focus groups as the results from the cross-sectional study informed the interview-guide and research questions in the focus groups. A prototype of a Nutrition MDS were developed in a two-step process. Firstly, a scoping review were conducted in order identify relevant data for at MDS within the nutritional area. Subsequently, these data were analyzed using content analysis and a prototypical Nutrition MDS were developed (study III). Finally, a workshop was conducted in order to refine and revise the prototype in close collaboration with end-users (study IV).

Conclusion

The mapping of healthcare professionals' routines, attitudes and knowledge in relation to nutrition and documentation provided an important overview of current practice and potential gaps and areas of improvement within documentation and nutritional care that are specifically relevant to managers and leaders within the primary healthcare setting. An analysis of current practices are a prerequisite before the implementation of Nutrition MDS so that it accommodates the needs and preferences of the healthcare professionals. Furthermore, a Nutrition MDS were developed in close collaboration with end-users and can be implemented in a primary healthcare setting. The effectiveness of this Nutrition MDS on both quality of the documentation and patient outcomes are still to be investigated.

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PhD lecture

By

Sasja Jul Håkonsen

Thursday 25 April 2019



DEPARTMENT OF HEALTH SCIENCE AND TECHNOLOGY
AALBORG UNIVERSITY

This thesis is based on
Sasja Jul Håkonsen's research work at:

Department of Health Science and Technology
Aalborg University, Denmark

To fulfill the requirements for the PhD degree, Sasja Jul Håkonsen has submitted the thesis: Design and Development of a Nutrition Minimum Data Set for Primary Healthcare – A User-Centered Approach, to the Faculty Council of Medicine at Aalborg University.

The Faculty Council has appointed the following adjudication committee to evaluate the thesis and the associated lecture:

Professor Albert Westergreen
Högskolan Kristianstad
Sweden

Reader Judith Carrier
Cardiff University
UK

Chairman:
Associate Professor Mette Grønkjær
Aalborg University
Denmark

Moderator:
Professor Erik Elgaard Sørensen
Aalborg University
Denmark

The PhD lecture is public and will take place on:

Thursday 25 April 2019 at 13:00
Aalborg University – Room 4-111
Niels Jernes Vej 14
9220 Aalborg East

Program for PhD lecture on

Thursday 25 April 2019

by

Sasja Jul Håkonsen

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Chairman: Associate Professor Mette Grønkjær
Moderator: Professor Erik Elgaard Sørensen

13.00	Opening by the Moderator
13.05	PhD lecture by Sasja Jul Håkonsen
13.50	Break
14.00	Questions and comments from the Committee Questions and comments from the audience at the Moderator's discretion
16.00	Conclusion of the session by the Moderator

After the session a reception will be arranged