



## A personalized approach in nutritional nursing care for patients undergoing surgery

ILC's Dr Getty Huisman-deWaal, Senior Researcher, Radboud University Medical Center, Radboud Institute for Health Sciences, IQ Healthcare, The Netherlands provides an overview of her team's latest research project.

Undergoing surgery requires physical, cognitive and relational care for optimal recovery, including nutritional support. Preoperative nutritional support aims to improve the nutritional state of undernourished patients. Furthermore, fasting guidelines suggest to eat until six hours and drink until two hours to prevent prolonged fasting. Nurses are in key-positions at outpatient clinics to educate their patients about how to improve nutrient intake.

Therefore, a PhD project was conducted under supervision of ILC-member Getty Huisman-de Waal by Harm van Noort. This thesis aimed to optimize preoperative nutritional conditions by:

- 1) developing and evaluating a nursing nutritional intervention for undernourished surgical patients and
- 2) evaluated adherence to evidence-based fasting recommendations during the direct pre-procedural period.

An Intervention Mapping method was used to develop a nursing intervention to address personal causes of undernutrition<sup>(1)</sup>. This intervention was evaluated in a two-centre cluster-randomized pilot study<sup>(2)</sup>. Patients with undernutrition were encouraged to keep eating and barriers for sufficient nutrient intake were addressed. The second aim was to determine adherence to fasting guidelines<sup>(3)</sup>. Afterwards, a pilot study was done to understand the applicability of fasting recommendations and the efficacy of fasting education<sup>(4)</sup>.

The nursing interventions included general and tailored advice according to causes of undernutrition, encouragement to reach individual nutrient requirements, instructions to

record nutrient intake, and a telephone follow up. Patients who received this personalized nutritional support from nurses had >800kcal more energy intake and 34gram more protein intake per day compared to patients who received usual care. Afterwards, the adherence to fasting guidelines was observed in two hospitals. Preoperative fasting was erroneously prolonged in the majority of patients (>90%). Median duration of fasting from solid foods and clear liquids was respectively 2.5 and 3 times the recommended 6 and 2 hours.

In a pilot study, clear instructions on why, how and what of fasting were provided to outpatients planned for anaesthetic procedures. Patients appreciated professional support and integrated the desired fasting behaviour in their biologic rhythm, especially for liquids. Length of fasting from solid foods and clear liquids was 3:14hrs ( $p<0.001$ ) and 5:22hrs ( $p<0.001$ ) shorter in the informed patients compared to patients who received usual care.

In conclusion it was identified that nurses should educate and encourage their patients regarding nutrition before surgery at outpatient clinics.

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**Register today for the  
ILC 2022 Annual International Conference**

**13 & 14 June 2022, Oxford, UK**



## ILC 2022 Conference Program

### The ILC Conference Summary Program is live on the ILC website!

We've put together an inspiring and fascinating line-up for the ILC 2022 Annual International Conference Program, featuring some outstanding speakers over the two days.

**Sir Michael Dixon**, Principal, Green Templeton College, will officially open the conference, followed by our opening Keynote on Fundamentals of Care in Times of Crises by **Dr Crystal Oldham**, Chief Executive Officer, Queen's Nursing Institute, UK.

Other keynotes include:

- **Professor Paul Arbon**, Director, Torrens Resilience Institute, Flinders University, Australia is providing a live virtual Keynote on Fundamental Care and Disaster Management
- Fundamental Care and Covid-19 will be presented by **Professor David Richards**,

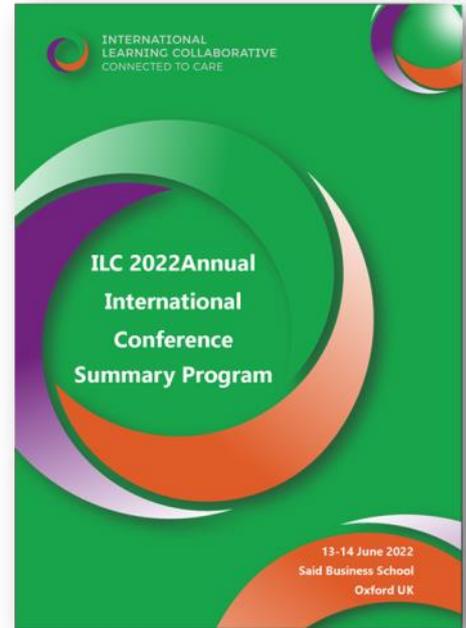
Professor of Mental Health Services Research and Inaugural Head of Nursing, University of Exeter, UK

- **Dr Alison Mudge**, Clinical Director Education and Research, Internal Medicine and Aged Care, Royal Brisbane and Women's Hospital, Queensland Health, Australia is leading one of three sessions on Vulnerable and At-Risk Populations.

Just some of our additional speakers include:

- **Dr Mark van den Boogaard**, Radboud University Medical Centre, **Professor James Buchan**, Chief Nursing Office, International Council of Nurses, UK, and **Dr Devin Carr**, Chief Nursing Officer, Maine Medical Center, US, are providing sessions on Fundamental Care and Scarce Resources

The majority of our speakers will be presenting live in Oxford or virtually and there are ample opportunities for Q&A sessions. As



with our previous international conferences, we plan to generate a position statement to influence the strategic direction for ILC. The Oxford Statement will be published after the conference

You can [register for the Oxford or Virtual events](#) on the ILC website.

If you are planning on attending the live event in Oxford we have provide [more information on Oxford and accommodation near Saïd Business School](#).



2022 International Nurses Day Theme:  
**Nurses: A Voice to Lead – Invest in Nursing and respect rights to secure global health**



## A BIG thank you to the ILC Founding Partners

The ILC would like to recognise our inaugural ILC Founding Partners. In 2022 we created a formalised way to identify a number of organisations who have made a significant contribution to the work of the ILC.

In the past ILC Founding Partners organisations have contributed valuable time and energy to furthering Fundamental Care broadcasting the Fundamentals of Care messaging locally, regionally and internationally. In formalising this relationship with our Founding Partners these organisations have also now made valuable funding contributions as a commitment to the furthering Fundamental Care research, practice and education globally.

Our inaugural Founding Partners include:

- **Flinders University Australia**
- **Sinai Health Systems Canada**
- **Maine Medical Centre United States**
- **Aalborg University Hospital Denmark**

We spoke to Professor Mette Grønkjær, Head of Research, Department of Clinical Medicine, Aalborg University and Clinical Nursing Research Unit, Aalborg University Hospital, about why Aalborg University Hospital wanted to become an ILC Founding Partner:

*“Since 2012, Aalborg University Hospital has been actively engaged in supporting the important work of the International Learning Collaborative around the Fundamentals of Care (FoC) conceptual framework. The ILC has provided a strong platform for numerous international collaborative activities around FoC including joint research and publications, grant applications, conference planning, bilateral PhD studies etc.*

*With support from the ILC, it has been possible to extend the FoC activities at Aalborg University Hospital to other regional, national, and international partnerships by making strong connections between FoC in clinical practice, education, leadership, and research. Aalborg University Hospital’s initial commitment to the ILC and FoC has led to the development of a cross-institutional partnership among somatic and psychiatric hospitals, primary care, nursing education and research in the North Denmark Region. This partnership has been imperative in focusing on fundamental nursing care across six institutions and for initiating discussions on what nursing care is and requires.”*

Your organisation can apply to become an ILC Founding Partner or ILC Organisation Member by contacting [admin@ilccare.org](mailto:admin@ilccare.org).

**Future Proof Nursing (FNP)** is holding their conference, themed: Nurses as Key Drivers for Change from 4 to 7 October 2022.

FNP invites the ILC Community to submit abstracts until 15 April 2022.

## ILC Founding Partners



AALBORG UNIVERSITY HOSPITAL



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The contribution of nurses in prehabilitation led to an increased nutrient intake and should therefore be further integrated in multidisciplinary prehabilitation programs. It also appeared that old fasting habits die hard. Nurses should take the lead to change current fasting regimens by encouraging their patients to eat until six and drink until two hours before procedures. Furthermore, education for nurses should address how they can address all elements of fundamental care, including regarding nutrition. Future research on nursing care should address how technology can be used for patient education and for behaviour change of patients.

### References

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3. van Noort HHJ, Eskes AM, Vermeulen H, Besselink MG, Moeling M, Ubbink DT, et al. Fasting habits over a 10-year period: An observational study on adherence to preoperative fasting and postoperative restoration of oral intake in 2 Dutch hospitals. *Surgery.* 2021.
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### ILC Pets: The Pearce Menagerie



From top left: Clancy Cat, Jasper Dog, Maisie Dog and Fergal Cat

Send your ILC Pet Story and image to [admin@ILCcare.org](mailto:admin@ILCcare.org) - and we love the weird ones!

The Pearce Menagerie are (mostly) best friends, working together as a team to look as cute as possible to get a many treats as possible.

Maisie, the only female in the pack and the smallest, is the clear matriarch. She takes her duties very seriously, spending her days making sure everyone is ok and dishing out discipline as needed. Jasper is completely chilled and just goes along with whatever is happening Fergal's (ginger cat) mind is fully focused on food and really 'anything' is a potential snack. Clancy (grey & white) is the youngest and most complex, as he strongly believes he is a dog and Maisie is his mother (no therapy planed to remediate this!).

These four basically rule her life, but Susanne wouldn't have it any other way!