

00253 Partnering Patients With Eating Disorder to Achieve Better Outcomes: An Approach Towards Group Meal Supervision

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Aims: Meal supervision for patients with Eating Disorders (ED) is a therapeutic nursing procedure. It is an essential component of the treatment plan. However, the process of individual bedside meal supervision could take up to 78 minutes. Should more than one ED patients were admitted concurrently, it could be straining to nurse staffing and time consuming. The project aims to reduce time and manpower spent for meal supervision process for patients with ED.

Methodology: 5 Whys root cause analysis and Tree Diagram were used to identify the real root causes. Two solutions explored were to cohort all ED patients' meal plans into a common file to facilitate easy counter-checking when the meal trays are delivered; and having group meal supervision in a common room instead of individual bedside meal supervision.

Result: The post-implementation data showed a significant reduction in meal supervision time from an average of 258 min to 116 min (improved by 58%). Man-hours were also reduced from an average of 408.5 min to 197.8 min (improved by 51%), as fewer nurses were required to complete the same task. Aside from timely completion of meal, there was no report of hiding or throwing away of food; therefore no top-up of meal supplement was required. Top-up supplementation are issued to compensate the remaining portion of meal not consumed. 81% of the ED patients rated "strongly agree and agree" that they enjoyed the company eating in a group and it makes them feel motivated to complete their meals.

Conclusion: This nursing initiative had shown positive improvement in reducing time and manpower, thus improving efficiency in meal supervision process for patients with Eating Disorder. The quality of nursing care has greatly improved, and patients were motivated in completing their meals in a group setting, which accentuated their meal experiences and raised their confidence level.