

## **Project Title**

Enhancing Nutrition Care at Home through an Effective Online Nutrition Course for Community Nurses

## **Project Lead and Members**

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## **Organisation(s) Involved**

Sengkang General Hospital

## **Healthcare Family Group Involved in this Project**

Allied Health, Nursing

## **Applicable Specialty or Discipline**

Nutrition & Dietetics

## **Project Period**

Start date: Jan 2023

Completed date: Feb 2023

## **Aims**

To evaluate the effectiveness of the course by assessing the completion and quiz passing rates, and through a post-training evaluation form that included a free text question to allow participants to share their feedback.

## **Background**

See poster appended/ below

**Methods**

See poster appended/ below

**Results**

See poster appended/ below

**Conclusion**

See poster appended/ below

**Project Category**

Training & Education

Education Platform, Virtual Learning Platform, Learning Management

**Keywords**

E-Learning, LMS, Community Nurses, Nutrition, Feeding, Courses

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## Enhancing Nutrition Care at Home through an Effective Online Nutrition Course for Community Nurses

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### INTRODUCTION

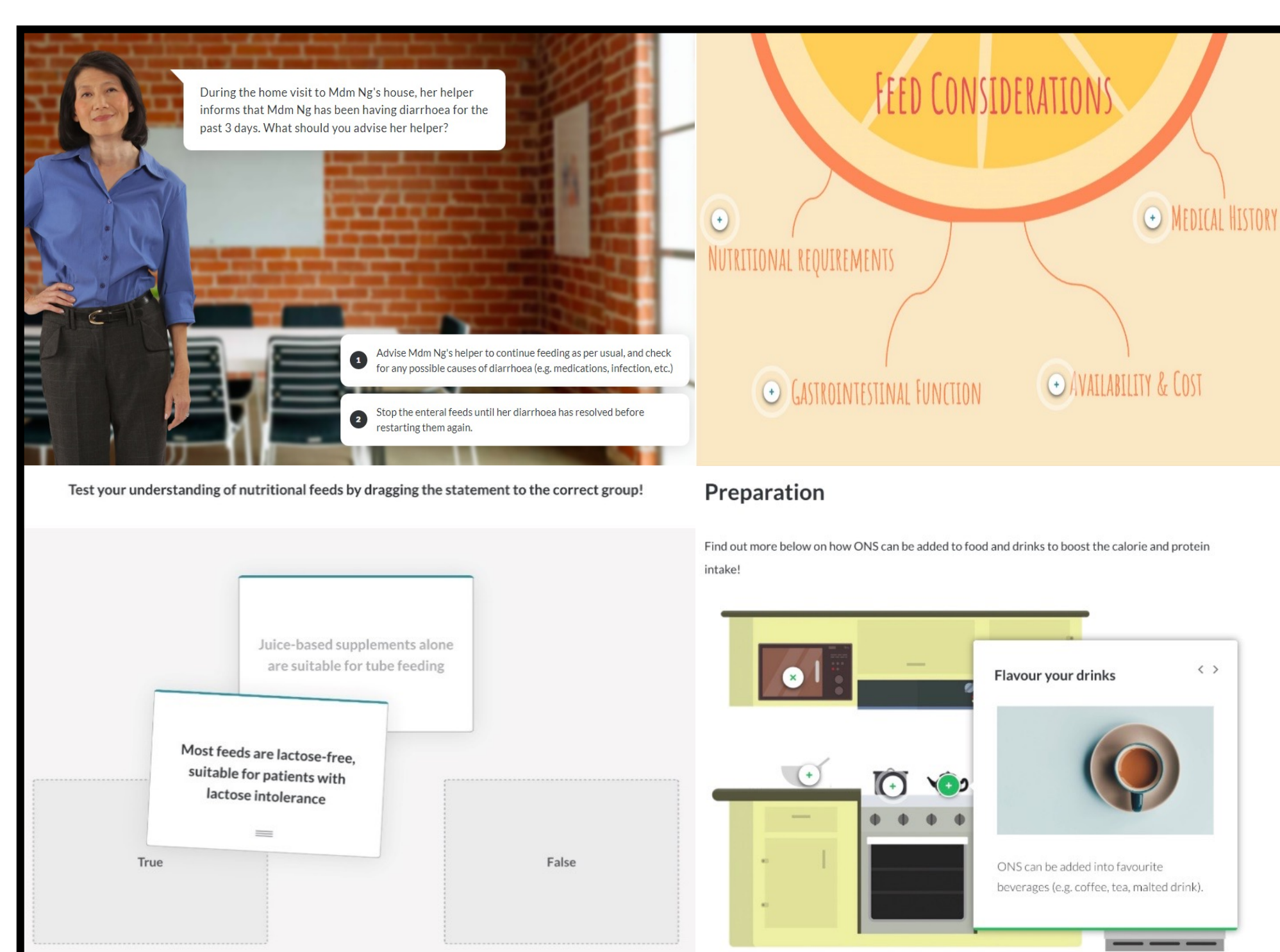
Patients with high care needs who are discharged from hospital face nutritional issues such as malnutrition and tube feeding issues.<sup>1,2</sup> Community nurses play a pivotal role in the long-term care of home-bound patients and serve as a common touchpoint for patients and caregivers especially when they face issues with daily care, which includes nutrition and feeding-related problems. However, community nurses may not receive prior training in nutrition.<sup>3</sup> Coupled with the lack of dietetics service in the community setting, nutritional concerns can arise and worsen without timely identification and intervention until the patient presents back to the hospital. While there are nutrition courses targeted for healthcare professionals, these are conducted in real time with limited runs throughout the year. Many face-to-face trainings were also suspended or limited during the COVID-19 pandemic.

SKH Dietetics developed a 4-module asynchronous online nutrition course 'ENHANCE Nutrition' to focus on empowering community nurses with nutrition knowledge to bridge the gap in nutritional care between the hospital and home setting to optimise health outcomes and minimise healthcare costs. Based on previous feedback from nursing agencies, the course was designed to address 4 key topics: Malnutrition, Boosting Nutritional Intake, Oral Nutritional Supplements, and Tube Feeding.

This study aimed to evaluate the effectiveness of the course by assessing the completion and quiz passing rates, and through a post-training evaluation form that included a free text question to allow participants to share their feedback.

### METHODOLOGIES

Each module encompassed a post-module quiz to assess knowledge and an evaluation form to determine the usefulness of the course and their likeliness of recommending the course to their colleagues. The modules were designed to be interactive as depicted below:



Community nurses from Singapore General Hospital, Changi General Hospital and TOUCH Community Services were enrolled between January to February 2023 via the SingHealth e-learning platform (LMS). The completion rate, quiz passing rate, and evaluation form results were obtained from the LMS reports.

### RESULTS

A total of 182 nurses were enrolled into each of the four modules. Figure 1 shows the completion rate for each module.

- There was 100% passing rate for all quizzes among those who completed the modules. An average of 89% passed the quizzes by the third attempt.
- An average of 96% (n=138) agreed that the respective module was useful in increasing their knowledge in managing nutrition-related issues in the home setting (35% strongly agreed, 66% agreed). Figure 2 shows the breakdown of ratings for each module.
- Figure 3 shows the likelihood of nurses recommending the modules to their colleagues, with an average of 98% likely to do so.

Free text feedback from nurses was categorised into 4 main themes.

#### 1. Flexible

"Overall is sufficient and satisfactory with adequate time given, allow participant to complete within own timing"

#### 2. Helpful resources

"Check list is a good tool for us to carry along as part of our items in our home visit equipment"

#### 3. Continuity of course

"Look forward for future e-Learning with this same platform"

"Continue this elearning course. It is informative and useful for my working environment"

#### 4. Relevant content with practical information and strategies

"Like the way its structured, simple to learn and practical to home care needs."

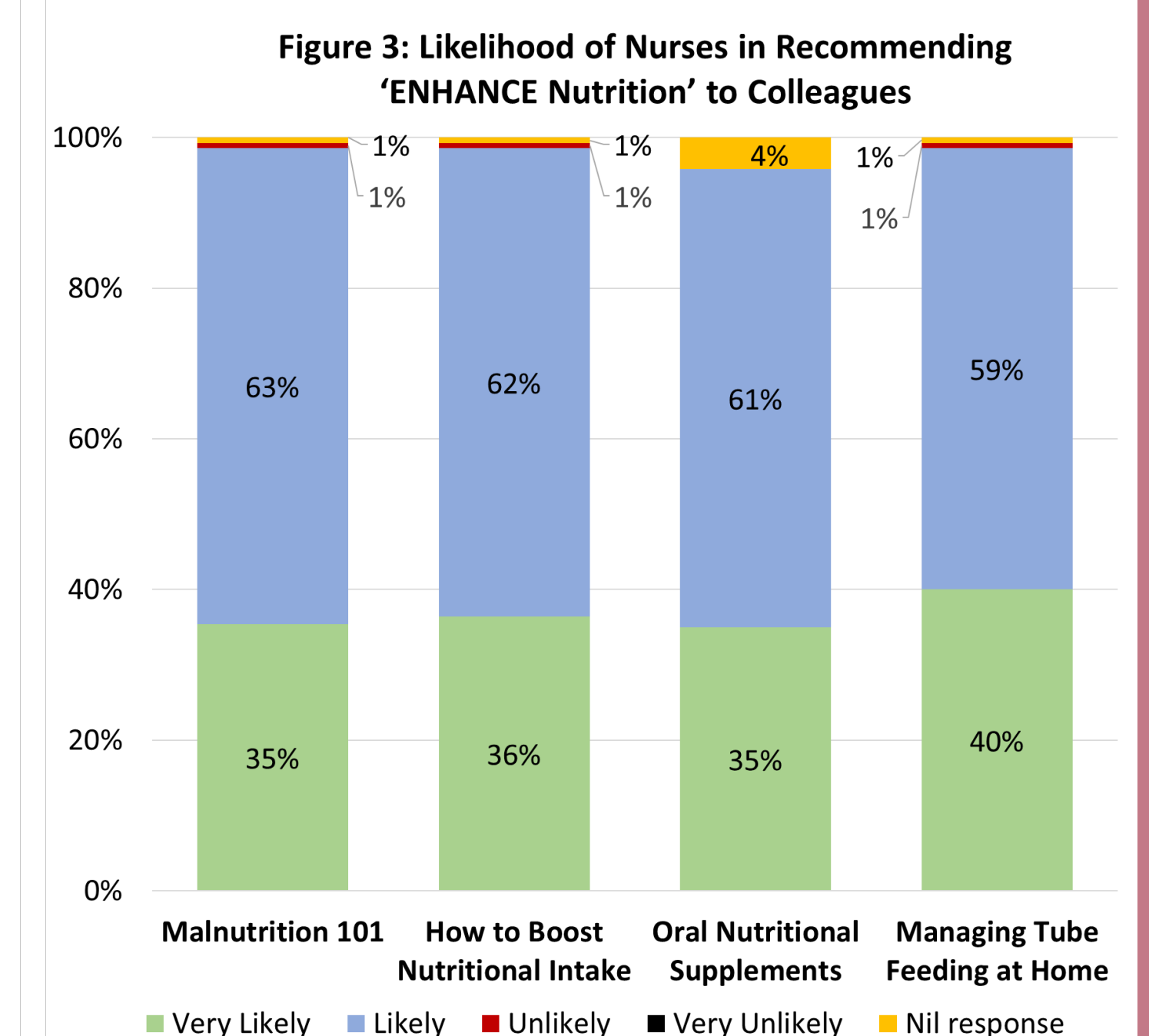
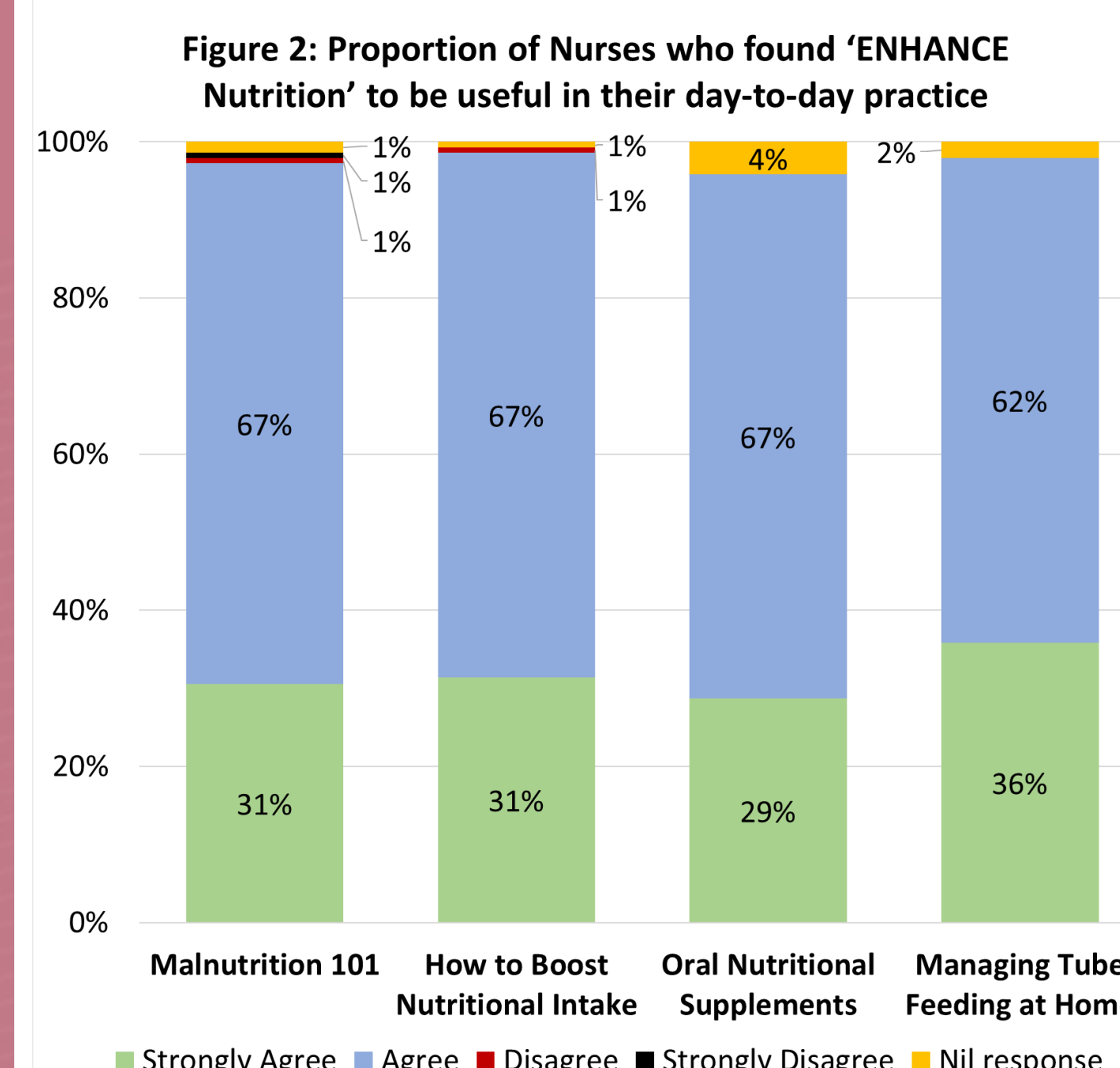
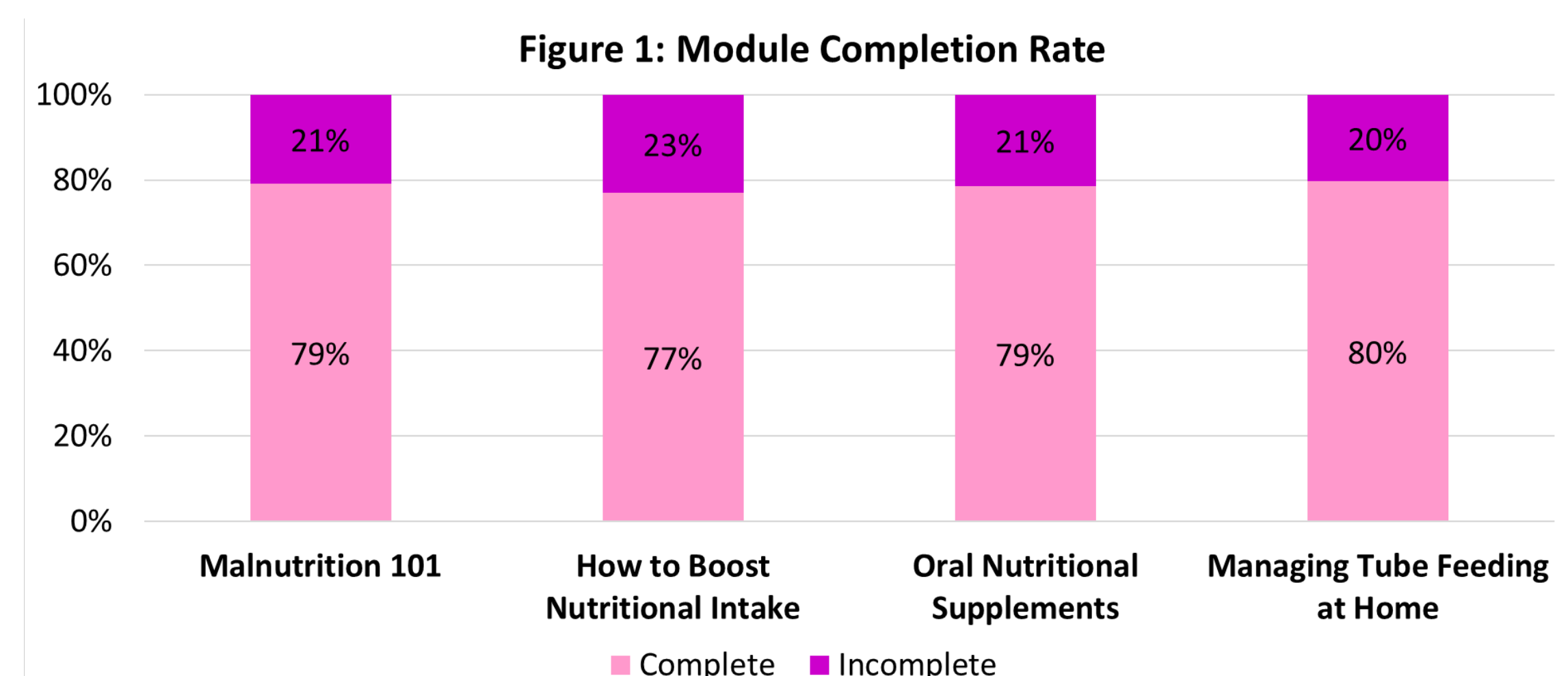
"This course is great, relevant and practical especially when we are facing a 'Silver tsunam' ageing population. It's good that the nurses are exposed to the Oral Nutrition Supplement course so that they understand why they are serving or administering the ONS to the patients everyday instead of giving it like a 'factory worker' with no underlying knowledge."

### CONCLUSION

'ENHANCE Nutrition' has shown to be an effective course with **high completion and quiz passing rates**. The high completion rates is also attributed to the use of the LMS, which provides more convenience and accessibility especially for nurses who are based in various areas of the community. The course is also shown to be **useful in improving the nutritional knowledge of community nurses**, with relevant and applicable content. Future studies can investigate the longer-term retention of knowledge.

With the lack of community dietetics services and nutrition training for community nurses, 'ENHANCE Nutrition' aligns with the **Healthier SG** move to support community partners in improving the health goals of our population and **can be expanded to more community partners** who are involved in home care.

### FIGURES/ DIAGRAMS



### Acknowledgement

We thank Ms Tay Pei Yoke and the SKH Patient Navigators for supporting this project.

### References

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