

Patients experience with therapeutic diet and dietary intervention after gastrointestinal surgery at Beaumont Hospital



Iballa Martinez Yanes, Linda Moore, Ronan Kelly, Cathy White,
Department of Nutrition, Beaumont Hospital & HSE Dublin & North East Health Region, Ireland.

INTRODUCTION & AIM

- International guidelines recommend integration of nutrition into clinical pathways to improve clinical outcomes after surgery¹.
- A patient centred approach to food and nutritional care and should be supported by all healthcare staff².
- The aim of this study was to evaluate patient’s experience with therapeutic diets after major GI surgery.

METHODS

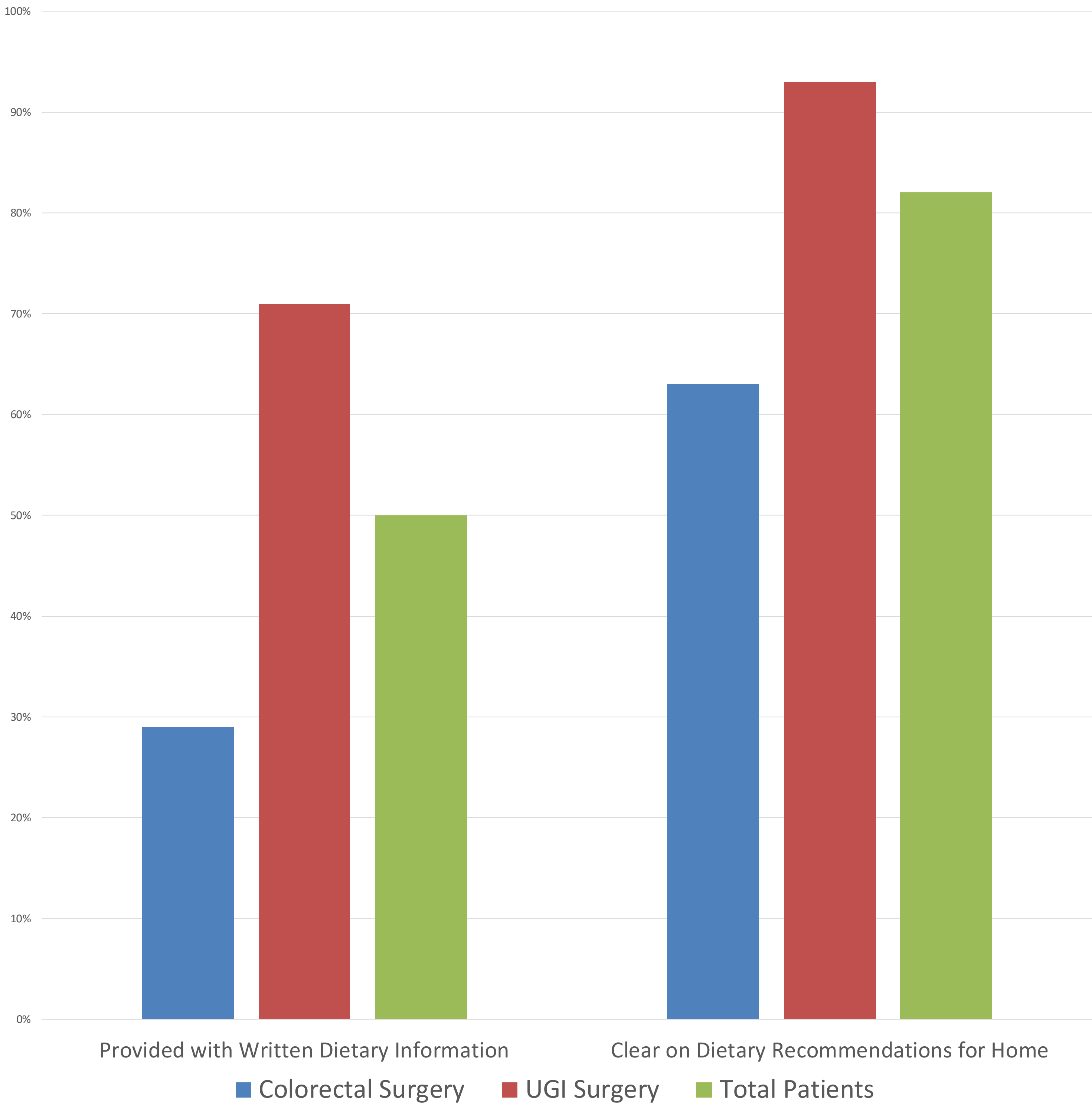
- A 16 question survey was designed.
- Data was collected over 8 months from two surgical wards in 2023.
- Patients had undergone colorectal or upper GI surgery; had progressed to regular diet and were preparing for discharge.
- Consent was obtained and responses anonymous. Data was analysed using excel.

RESULTS

- A total of 28 individuals completed the survey, 18 (64%) male.
- 14 (50%) had colorectal surgery and 14 (50%) upper GI surgery.
- The average age was 59, (range 28-91years).
- Average length of stay was 14.3days (range 5-60days).

	Post Colorectal Surgery (N=14)	Post UGI Surgery (N=14)	Total (N=28)
Satisfied with level of choice on menu	57% (8)	93% (13)	75% (21)
Preference for additional snacks	43% (6)	14% (2)	29% (8)
Dietary Progression: Provided Light menu for:			
1-3 days	31% (4/13)	7% (1/14)	19% (5)
3-5 days	31% (4/13)	57% (8/14)	44% (12)
>5 days	39% (5/13)	36% (5/14)	37% (10)
Seen by a dietitian in hospital	71% (10)	93% (13)	82% (23)
Level of satisfaction with dietetic advice	90% (9) very satisfied/ satisfied 10% (1) neither satisfied nor dissatisfied	100% (13) very satisfied	96% (22) very satisfied /satisfied
Advised on diet by another HCP	29% (4) by Nursing staff	64% (9) by medical /nursing staff	46% (13)

Dietary Information on Discharge



DISCUSSION

- The majority of patients (75%) were satisfied with the level of choice on the menu, although a number, particularly in the colorectal surgical group would have preferred more snacks to be offered.
- 82% of participants were advised by a dietitian. This may have introduced some bias, as patients may have been more informed on their dietary requirements and more likely to be on the appropriate diet after dietetic consult.
- Nursing and medical professionals were cited as a source of dietary information by 46%.
- Only 29% patients post colorectal surgery were provided with written information for home and only 63% clear on dietary recommendations for home.

RECOMMENDATIONS

- This work included a majority that were advised by a dietitian, different insights may be gained from a group that did not have access to dietetic input.
- The importance of ongoing nutrition education of health care professionals is highlighted, as they are a source of nutrition information to patients.
- Preparation for discharge is an area for future focus, particularly post colorectal surgery.