

Nutrition hospital

Gelderse Vallei Hospital cares for the best, healthy and personalised nutrition

Unique mealservice

- Patients can choose what and when to eat with the Sodexo meal service 'At your request'.
- Eating together and with their family stimulates appetite.
- Supports patients in taking control over their own care proces.

Achievements

- Significantly increased patient satisfaction
- Reduction in food waste (~30%)
- Improved food and protein intake
- Maintains nutritional status for recovery.



No. 1 hospital food concept



Meal service Gelderse Vallei Hospital: **90%** accordance to the most optimal situation

57% of the Dutch hospitals want to improve their meal service



Source: Report Ministry of Health & Steering Team Malnutrition (2016)

Patient care

- Special attention is paid to nutrition and physical activity of patients before, during and after hospitalisation.
- Our nutritional advice is based on the latest insights from scientific research.

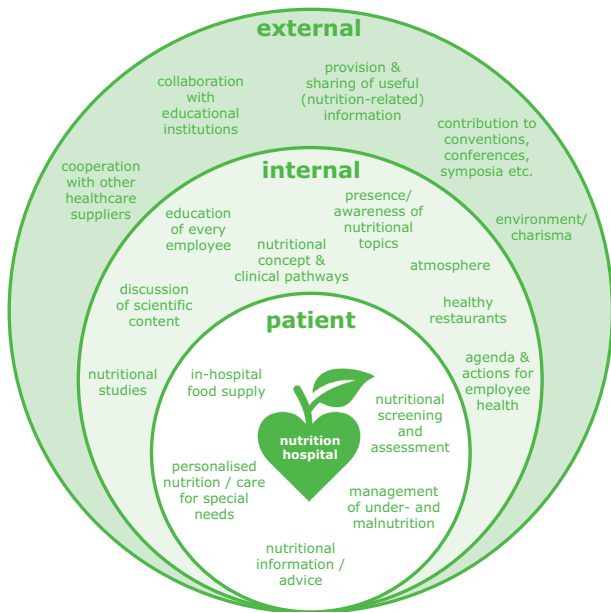


Excellent cluster in food, nutrition & health



Nutrition hospital

Ingredients of a nutrition hospital



Through the **integrated approach** and the consideration of a **variety of influencing factors** we optimise patient care.



Extensive research program with Wageningen University & Research.



Example of excellence: Intensive Care



Intensivist Arthur van Zanten:

“What the task force has created here is unique in the world. I have never seen such an elaborated system before.”

- Routine check of nutritional risk at ICU admission.
- Optimal administration of (par)enteral, protein-rich nutrition combined with vitamins and trace elements.
- Complex IT system calculates daily individual requirements and corrects for non-nutritional calories from pharmaceuticals.



Physical activity

- Nutrition, physical activity and (top)sport are the key aspects of patient care in Gelderse Vallei Hospital.
- Just as important in terms of a healthy lifestyle as nutrition.
- An excellent team of physiotherapists and dietitians provides up-to-date health care for the patients.

Publications:

- Doorduijn et al. At Your Request[®] room service dining improves patient satisfaction, maintains nutritional status, and offers opportunities to improve intake. Clin Nutr (2016).
- Beelen et al. Protein-enriched familiar foods and drinks improve protein intake of hospitalized older patients: A randomized controlled trial. Clin Nutr (2017).
- Van Zanten et al. High-protein enteral nutrition enriched with immune-modulating nutrients vs standard high-protein enteral nutrition and nosocomial infections in the ICU: a randomized clinical trial. JAMA (2014).
- Oosting E et al. Preoperative home-based physical therapy versus usual care to improve functional health of frail older adults scheduled for elective total hip arthroplasty: a pilot randomized controlled trial. Arch Phys Med Rehabil (2012).

