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Snak-pak
2500 kilojoules
20 grams of protein

” Patient:
Snak-pak is invaluable for me. I ate by and large everything in Snak-pak in the evening as I am then used to eat regularly at home. It is brilliant that you get lots of calories and proteins and can eat when ever you please”



” Patient:
Talking about food and aesthetics when served, means a lot, when you have loss of appetite. I have to know why and what I am supposed to eat when I am sick and with no strength”

Snack Around the Clock

– Experiences of Nutritional Care at Hospital

Better nutritional health care has been emphasized, both from the National and the European Boards Focus is nutritional screenings procedures and individualized nutritional care. The aim of this study is to investigate a way to develop and compose valid and optimal snack in relation to the patient's desires and needs of patients at risk of in-hospital malnutrition and describe the experiences of the patients and staff during the intervention period

Methods

The design was a descriptive intervention study with both a quantitative and a qualitative approach. The study included 97 patients at risk of in-hospital malnutrition admitted at three different units – oncology, lung medicine and orthopaedic, mean stay = 12 days, median age = 21-93 years. A project assistant nurse daily served a 24-hours catering "Snak-pak" pack to the patients in every admitting day. The patient's entire food intake was daily recorded. Totally 17 of the 97 patients were interviewed about their health state, knowledge of nutritional care and opinion of this kind of catering service. Three groups of staff (n=16) were in focus groups interviewed about their experiences during the intervention period.

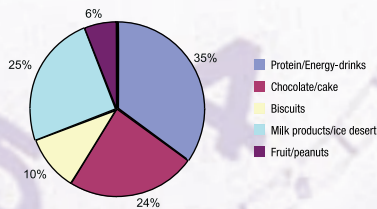
Results

Mean intake of daily cost at kilojoules

	Oncology n=25	Lung Medicine n=41	Orthopaedic n=31	Total n=97
Daily cost	4193	4605	4862	4553
Snak-pak	1934	1659	1891	1828
Total	6127	6290	6753	6381

Recommended mean intake 7000-9000 kilojoules

Mean intake of Snak-pak products in percentage (n=97 patients)



The staff tastes Snak-Pak-products



An idea to consider! Is it time for it? It requires priorities and change of procedures. It's decisive that we interdisciplinary agree that food is treatment

