

# Nutricounter - A visuel tool reduces weight losses

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## Introduction

In 2007 Department of Urology, Aalborg Hospital, were part of a national project funded by the Ministry of Health concerning patients with bladder cancer. One of the results from the project were that patients whom had undergone cystectomy had a weight loss of 4 - 7 kg during hospitalization. Compared with recommendations by the National Nutrition Group we could conclude that our patients did not get adequate nutrition in connection with surgery. Daily intakes of at least 4200 kJ on operation day and 6300 kJ on the following days are required.

## Aim

Our aim was to secure adequate nutrition for the patients by developing an illustrative tool which was simple and easy to use for both patients and caregivers.

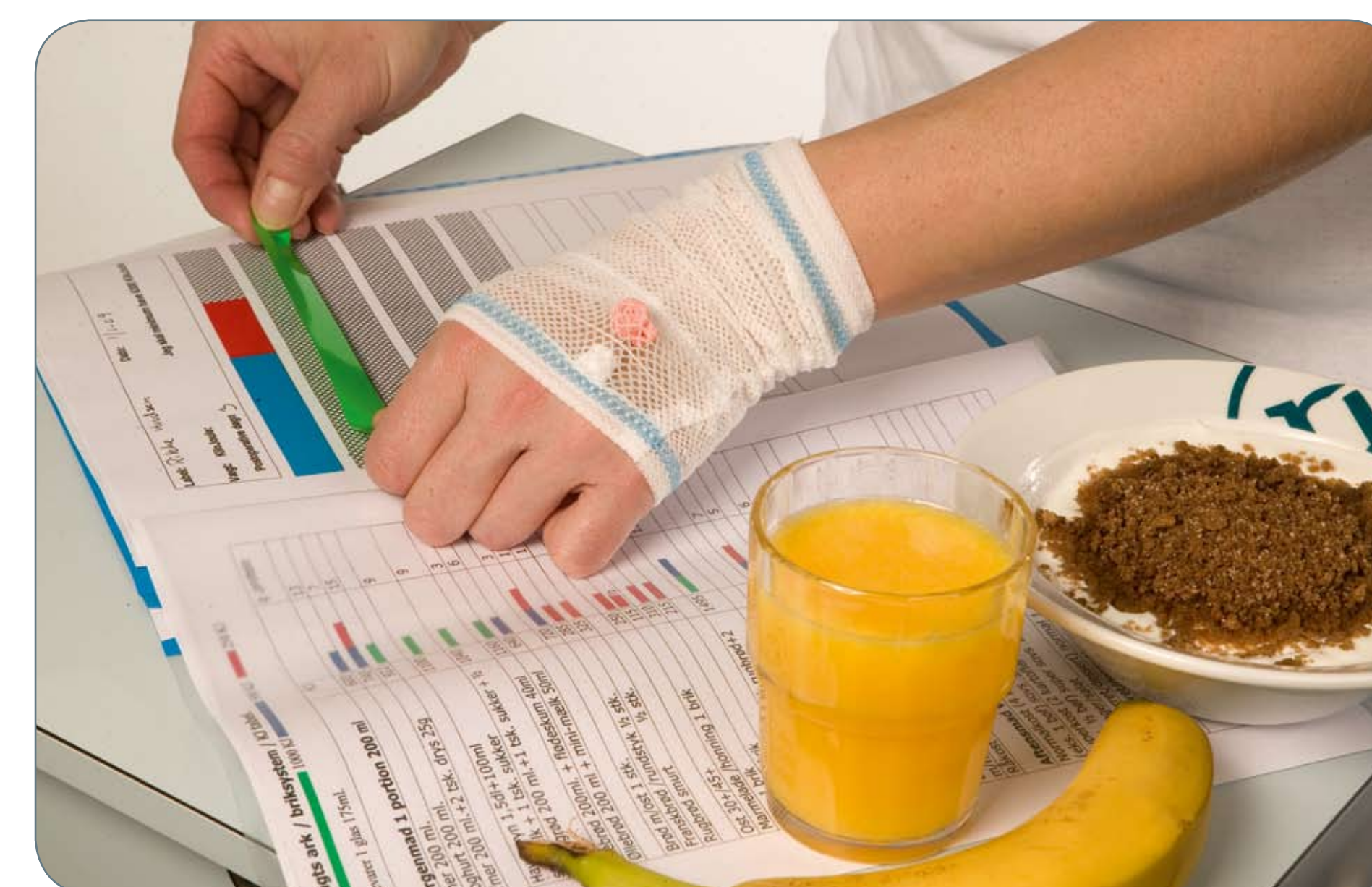
## Methods

We invented a didactic tool in the form of a folder showing the patient's nutritional needs on a day to day basis and a counter system which illustrates the energy content of the various meals on offer. The patients are given the opportunity to assume responsibility for adequate food intakes. And the the tool also gives nurses a quick overview of the immediate nutritional status and the opportunity to consider whether supplementation is required.



## Results

We introduced NUTRICOUNTER at July 2008. Through an audit from January 2006 till November 2008, we examined whether the introduction of NUTRICOUNTER had led to increased energy intakes and decrease weight losses. 55 patients participated in the audit. 28 records validly recorded patients' weights at admission and discharge.

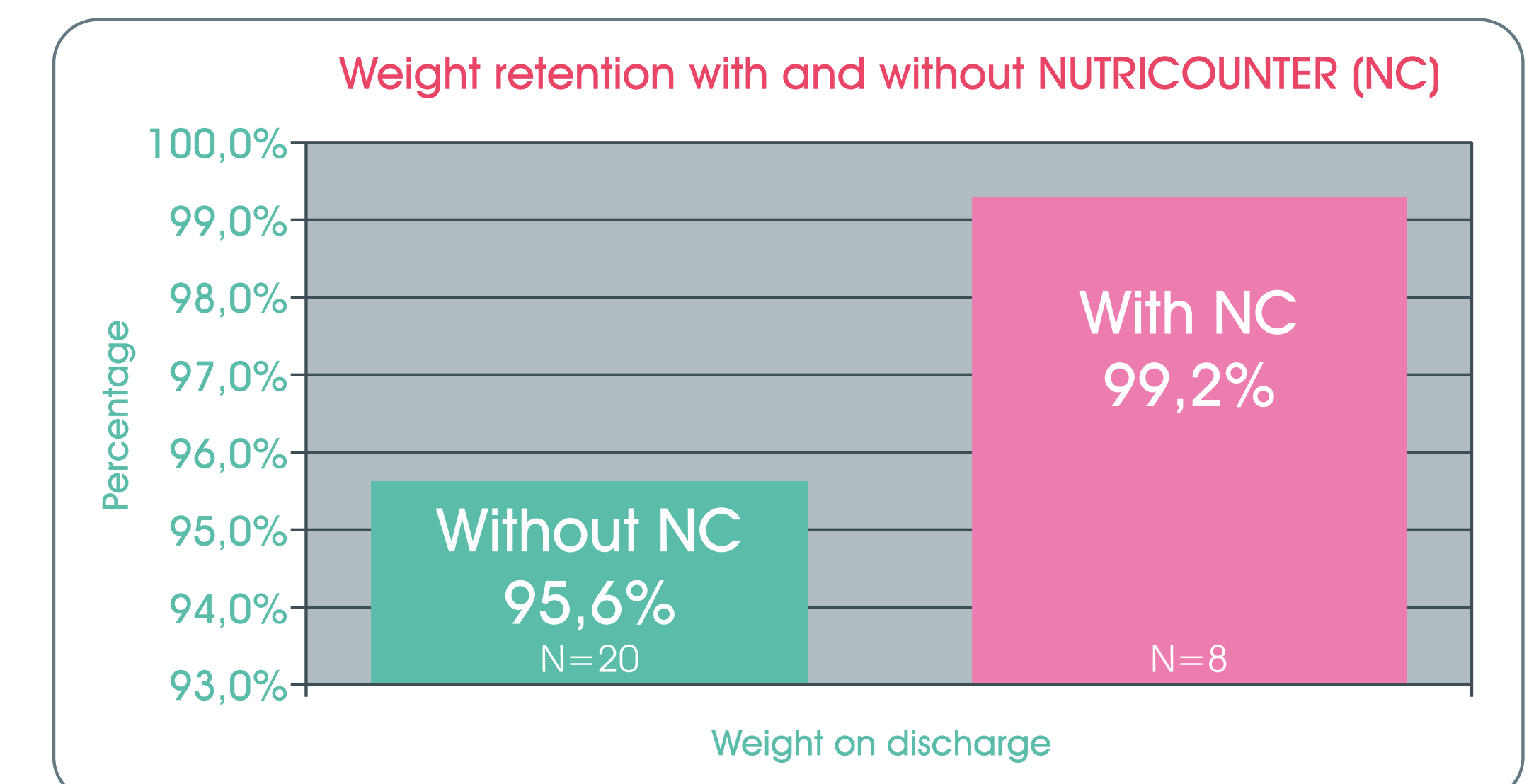


a patient is using Nutricounter

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The chart shows a clear trend towards minimization of weight losses as a result of introducing NUTRICOUNTER. Before July 2008, it shows weight losses of 4.4% during hospitalization as against only 0.8 % with NUTRICOUNTER. The NUTRICOUNTER is still at the testing stage.