

To streamline the referral process to Dietitian for patients with high LDL in the Acute Stroke Unit

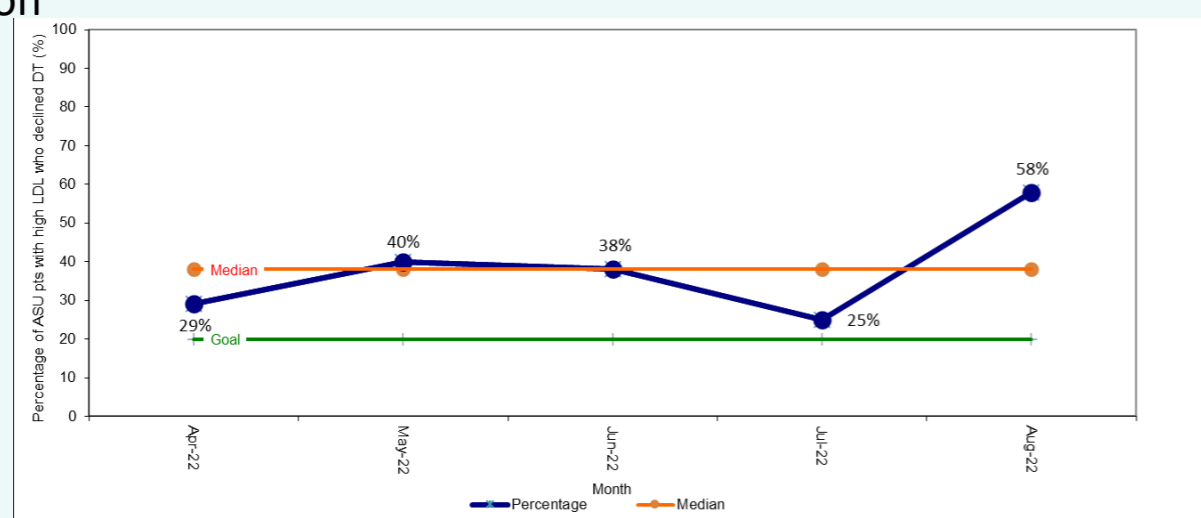
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Problem Statement

As per Ministry of Health, patients (pts) with LDL of > 4mmol/L are recommended to make dietary changes to help optimise their lipid profile. Therefore, pts in the Acute Stroke Unit (ASU) with high LDL will be referred to a dietitian (DT). Regrettably, pts may reject DT intervention. Dietitians spent an average of 10 minutes per pt for pre-assessment. The time spent on pre-assessment for pts who declined DT may have been better utilised on enhancing care of other pts.

Figure 1: Baseline data for the percentage of stroke pts with high LDL who declined DT intervention



Project Aim

To reduce the number of unsuccessful referrals to DT for pts with high LDL in ASU from 58% to 20% by April 2023.

Lessons Learnt

It is important to have the buy-in of all relevant stakeholders for smoother execution of the proposed solutions to achieve the aim. This can be achieved by presenting to stakeholders evidence on why improvements are needed and how it can benefit pts. Transdisciplinary approach through recruiting various healthcare professionals is also important to come up with the best solutions to provide holistic care for pts.

Potential Solutions

Figure 2: Fishbone diagram for root causes

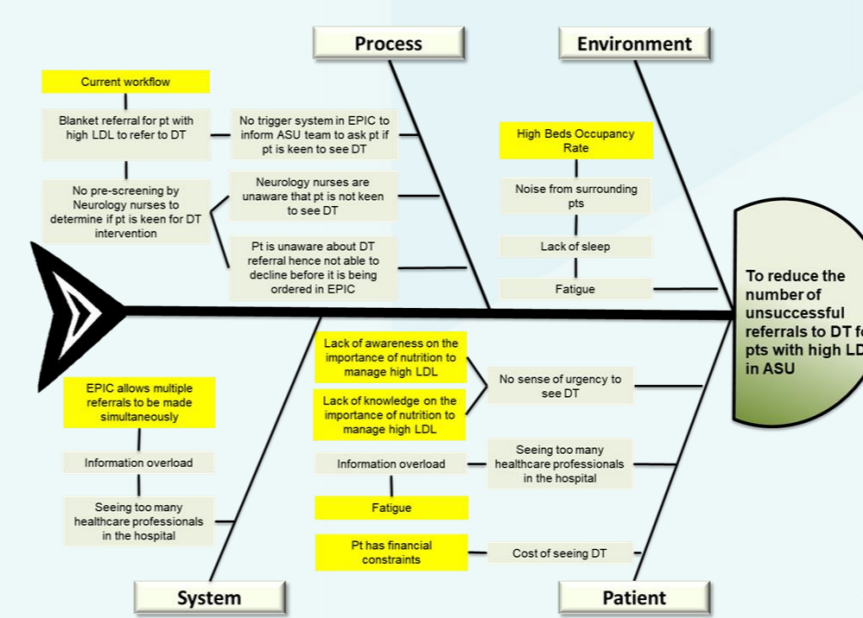
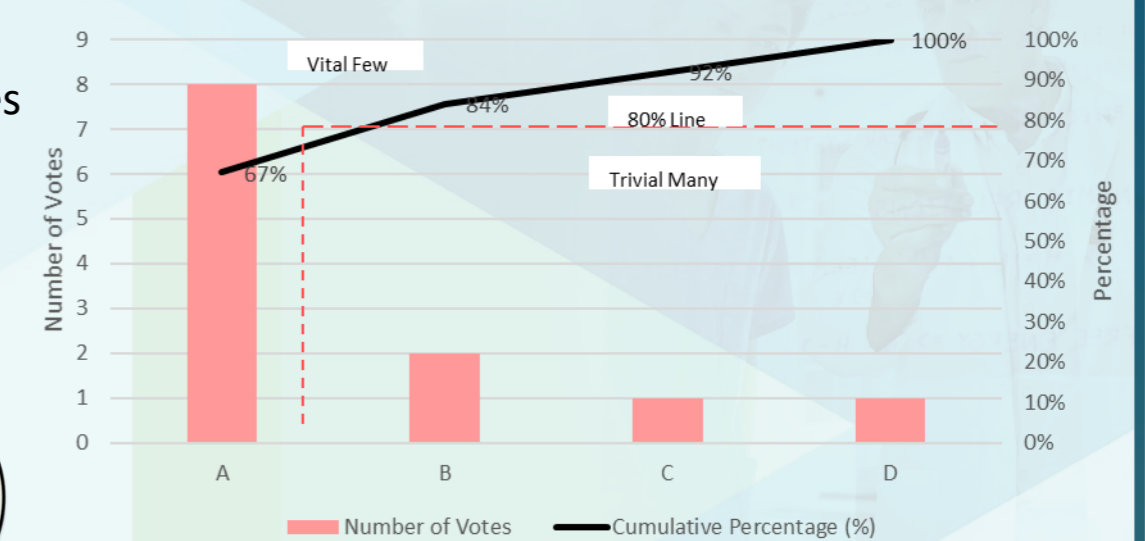


Figure 3: Pareto diagram for root causes



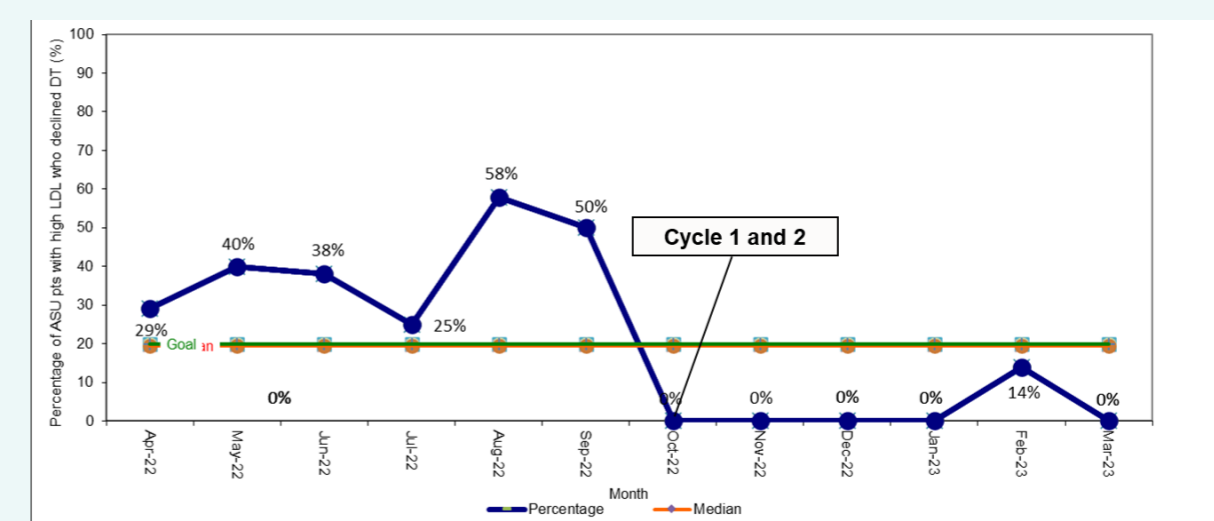
Root Cause	Number of Votes	Percentage (%)	Cumulative Percentage (%)
A	8	67	67
B	2	17	84
C	1	8	92
D	1	8	100

Figure 4: Potential solutions and their impact for the key root cause

Impact	Implementation	Root Cause	Potential Solutions
		Current workflow	<p>PS 1: Neurology nurses to ask pt if keen to see DT before DT referral is ordered</p> <p>PS 2: Medical team to ask pt if keen to see DT before DT referral is ordered</p> <p>PS 3: To create a prompt in EPIC for ASU team to ask pt if keen to see DT before DT referral is ordered</p>

Outcomes & Impacts

Figure 5: Percentage of stroke pts with high LDL who declined DT intervention



CYCLE	PLAN	DO
1	<ul style="list-style-type: none"> To seek support from ASU team to amend the DT referral process. 	<ul style="list-style-type: none"> Met the ASU team to explain the need to amend the DT referral process in August/September 2022 Amended the DT referral process in October 2022. Neurology nurses will ask pts with high LDL if they are keen to see DT prior to ordering the DT referral.
2	<ul style="list-style-type: none"> To enhance the current EPIC documentation and stroke education by Neurology nurses. 	<p>Conducted a meeting with Neurology nurses in September 2022 to:</p> <ol style="list-style-type: none"> Create a smart text in EPIC for Neurology nurses to ask and subsequently document if pt is keen to see DT. Revise the education given by Neurology nurses so that pt still receive basic dietary education to manage their LDL levels should pt reject to see DT.

After implementing cycles 1 and 2, the team achieved the aim. The percentage of pts who rejected DT referral was less than 14% between October 2022 to March 2023.