

Nutrition and Hydration

Current Awareness Bulletin

November 2024

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Artificial food additives: hazardous to long-term health?

Author: Warner J

Publication date: 2024

Journal: Archives of Disease in Childhood

[Literature review into the impact of artificial food additives on long term health. Many publications suggest that artificial colourants, benzoate preservatives, non-caloric sweeteners, emulsifiers and their degradation derivatives have adverse effects by increasing risks of mental health disorders, attention deficit hyperactivity disorder, cardiovascular disease, metabolic syndrome and potential carcinogenic effects.]

Recipe for health: a plan to fix our broken food system.

Report: House of Lords Food, Diet and Obesity Commission

Publication date: 2024

[This report finds that obesity and diet-related disease are a public health emergency that costs society billions each year in health care costs and lost productivity. It calls for the government to develop a comprehensive, integrated long-term new strategy to fix the food system, underpinned by a new legislative framework.]

Malnutrition and nutritional care survey in adults

Report: Bapen

Publication date: 2023

This report presents findings from the screening of 2,250 adults from across the UK. It aims to give a picture of the prevalence of malnutrition and the different nutritional care interventions implemented in various settings across the four nations. It found the highest rate of adults at risk of malnutrition since the survey's commencement, at 48% of all those screened. It also found that 42% of those screened in care homes were at risk of malnutrition, increasing to 47% of those screened in hospital, and further still to 49% for patients at home.

1. Nutrition education for nursing students: A scoping review

Authors: Dogan, Elisabeth Irene Karlsen;Borgen, Iren;Ekiz, Pinar and Wesseltuft-Rao, Nima

Publication Date: 2025

Journal: Nurse Education Today

Abstract: Introduction: Nutritional care has long been recognized as a vital component of nursing. However, nutrition instruction faces many challenges in nursing education, and few studies have investigated this topic.; Aim: The study's aim was to investigate how nutrition

education has been conducted in undergraduate nursing education.; Method: A scoping review was conducted according to the Preferred Reporting Items for Scoping Reviews (PRISMA-ScR) and Joanna Briggs Institute (JBI) recommendations. The search was conducted in April 2023, with an updated search in February 2024. We searched in the following EBSCO databases: Academic Search Elite, CINAHL, Education Source and ERIC. We also searched in PubMed and Embase via Ovid and Scopus. A total of 3634 articles were identified from the initial search. Duplicates were removed and articles were then screened by title, abstract and full text by the research team to ensure eligibility. We identified 30 articles for retrieval. Nine articles were ultimately included.; Results: The results were organized into five thematic groups: (a) learning through involving patients, (b) learning contextualized in clinical practice, (c) learning through an active teaching method on campus, (d) learning through interdisciplinary collaboration and (e) combining education on campus and learning in clinical placement.; Conclusion: The findings from the scoping review emphasized that nutrition education activities should utilize active, experiential and social learning strategies. Moreover, findings suggest the importance of interdisciplinary collaboration when conducting nutrition education. Nursing education must give due attention to nutrition education, both on campus and in clinical placement, to adequately prepare students for nutritional care in professional practice. Nutrition instruction in nursing education could benefit from addressing nutritional care at both an individual and a systemic level, to support nursing students to cope with various challenges related to nutritional care in the patient setting.; Competing Interests: Declaration of competing interest The authors declare no potential conflicts of interest with respect to the research, authorship and/or publication of this article. (Copyright © 2024 The Authors. Published by Elsevier Ltd.. All rights reserved.)

2. A survey of the Nutrition Care Process in Japanese acute care hospitals using a nationwide web-based questionnaire

Authors: Maeda, Keisuke;Egashira, Fumie;Ueshima, Junko;Horikoshi, Yuri and Kamoshita, Satoru

Publication Date: 2024

Journal: Asia Pacific Journal of Clinical Nutrition

3. Nutrition education in the midwife consultation room. A cross sectional survey in Spain

Item Type: Journal Article

Authors: Olloqui-Mundet, M.;Cavia, María Del Mar;Alonso-Torre, Sara and Carrillo, Celia

Publication Date: 2024

Journal: Midwifery 139, pp. 104150

Abstract: Background: Diet during pregnancy is a key factor in the success of pregnancy. However, several studies have found pregnant women have low adherence to dietary

recommendations. The midwife is a key health professional to provide nutrition education for pregnant women. Thus, it is important to know in detail her role in this respect.; Aim: To explore how Spanish midwives undertake nutrition education in order to assess the need for specific interventions aimed at improving the health of pregnant women.; Methods: A cross-sectional descriptive observational study was undertaken using an online questionnaire (466 responses).; Findings: Spanish midwives recognise the importance of nutrition in pregnancy and that advising pregnant women in this regard is part of their role. In fact, all community midwives discuss nutrition to pregnant women, although they recognise that they do not feel particularly comfortable in dealing with certain topics, which could be related to a lack of mastery of the subjects. Midwives (56.5 %) rated the nutrition training they received as poor.; Conclusion: In order to guarantee the quality in the nutrition education provided by Spanish midwives to promote the health of pregnant women, our results demonstrate the importance of strengthening both the nutrition content of midwives' training programmes and the ongoing support they receive throughout their professional life.; Competing Interests: Declaration of competing interest None. (Copyright © 2024 The Authors. Published by Elsevier Ltd.. All rights reserved.)

4. What is the level of nutrition care provided to older adults attending emergency departments? A scoping review

Authors: Sarier, Cerenay;Conneely, Mairéad;Bowers, Sheila;Dore, Liz;Galvin, Rose and Griffin, Anne

Publication Date: 2024

Journal: BMC Geriatrics

5. Impact of nutrition interventions for malnourished patients: Introduction to health economics and outcomes research with findings from nutrition care studies

Authors: Schuetz, Philipp;Kerr, Kirk W.;Cereda, Emanuele and Sulo, Suela

Publication Date: 2024

Journal: Nutrition in Clinical Practice 39(6), pp. 1329–1342

Abstract: Healthcare systems and patients today are challenged by high and ever-escalating costs for care. With increasing costs and declining affordability, public and private healthcare payers are all seeking value in care. As the evidence regarding health benefits of nutrition products and interventional nutrition care is increasing, cost-effectiveness of these interventions needs consideration. Health economics and outcomes research (HEOR) examines the value of healthcare treatments, including nutrition interventions. This review summarizes how HEOR tools are used to measure health impact, that is, the burden of illness, the effect of interventions on the illness, and the value of the nutrition intervention in terms of health and cost outcomes. How studies are designed to compile data for economic analyses is briefly discussed. Then, studies that use HEOR methods to measure efficacy, cost-

effectiveness, and cost savings from nutrition care across the healthcare spectrum—from hospitals to nursing homes and rehabilitation centers, to care for community-living individuals, with an emphasis on individuals who are older or experiencing chronic health issues—are reviewed. Overall, findings from HEOR studies over the past decade build considerable evidence to show that nutrition care improves the health of at-risk or malnourished patients effectively and at a reasonable cost. As such, the evidence suggests that nutrition care brings value to healthcare across multiple settings and populations.

Sources Used:

The following databases are used in the creation of this bulletin: Amed, British Nursing Index, Cinahl & Medline.

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