



ABSTRACT

Home not alone : transition from hospital to home nutrition care, what to consider?

Eliza Mei Perez Francisco

Asian Hospital and Medical Center

Abstract : Nutri Symposium 2023 - Speaker

Received: 18 September 2023
Accepted: 19 September 2023
Published: 30 September 2023

Link to DOI
[10.25220/WNJ.V07.S1.0014](https://doi.org/10.25220/WNJ.V07.S1.0014)

Citation: Francisco E M P, Home not alone : transition from hospital to home nutrition care, what to consider?, World Nutrition Journal.2023 September 30, 7(S1): 15.



Copyright: © 2023 by the authors. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

Website
<http://www.worldnutrijournal.org/>

Malnutrition is said to be the “skeleton in the hospital closet”, mainly because it is overlooked undiagnosed, and untreated. This applies to the “home closet” as well, often being forgotten in the discharge planning and transition from hospital to home.

Family physicians are well-qualified to provide home health care since this requires continuing and comprehensive management in a family context. It is the family physician that can initiate the decision to transition to home care, and is directly involved in the planning and coordination of the services.

Various assessments may be done in the home care setting, namely: Functional, Cognitive, Psychosocial, Nutritional, Medicine use and compliance, and even Caregiver Assessment. The Homecare Nutrition Pathway involves assessment prior to discharge, provision of a nutrition care plan by the team, and subsequent monitoring and reassessment at home. After the home visit, the plans should be summarized and documented on the chart, with follow up plans discussed with the family and referring doctor or attending team.

The home care set up is unique and ideally, should be patient focused, family inclusive, and community oriented. Thus, a family physician may play various roles in the hospital setting, home care, and community setting. A family physician may be Health Care Provider and Healer, Educator, Coordinator, Navigator, Leader, and Researcher. One needs to facilitate efficient and effective access to health-related programs and resources, from both the private and government sectors. It is also important to identify health agencies and community resources that can help address challenges and barriers in the home care pathway. Having multi-disciplinary and inter-professional team of clinicians, such as dietitians, nurses, pharmacists, physical and occupational therapist, is also key to providing holistic care at home. With this concerted effort, we hope that our patients will truly feel Home Not Alone!

Keywords: discharge planning, family physician, home care, home nutrition therapy

Corresponding author:

Eliza Mei Perez Francisco

Asian Hospital and Medical Center

Email : nutritiondoctors@yahoo.com