



Development of Nutritional Standards for Health Promoting Hospitals and Health Organizations in Finland

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DEVELOPMENT OF HEALTH-ORIENTED HEALTH CARE MANAGEMENT SYSTEMS –
HOW CAN HEALTH PROMOTION OPTIMIZE HEALTH GAIN AND CREATE MORE SUSTAINABLE AND EQUITABLE
HEALTH SYSTEMS?

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Background

- In Finland, healthcare and social welfare organizations have no commonly agreed upon standards for nutrition quality management.
- The upcoming Finland's health and social services reform contributes to the need for nutritional health promotion standards.
- The Association of Health Promoting Hospitals and Organizations in Finland (STESO) took the initiative to establish the nutritional health promotion standards based on the Standards for Health Promoting Hospitals, 2006 (HPH).

Aim

The aim of the study was

- to determine the management structure of the standards
- to make tools for assessing and monitoring nutritional health promotion and care
- to boost knowledge-based management for healthcare and social welfare organizations

Material and methods 1

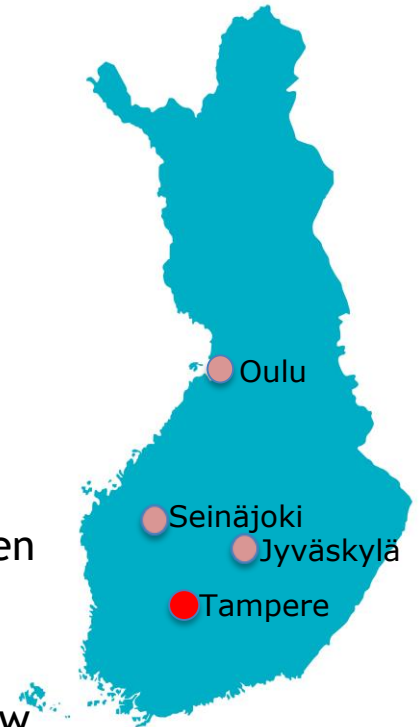
The materials are based on the Standards for Health Promoting Hospitals (HPH, 2006) which include five dimensions:

- Management policy
- Patient assessment
- Patient information and intervention
- Promoting a healthy workplace
- Continuity and cooperation



Material and methods 2

- This study incorporated the nutritional health standards defined by Tampere University Hospital working group in 2016. These standards derived originally from the HPH standards.
- The Association of Health Promoting Hospitals and Organizations in Finland (STESO) set up a multidisciplinary group of experts in 2019 to develop standards for the management of nutrition health promotion and care in Finland.
- The Guidelines for Nutrition Care in Finland, The Tobacco-Free Hospitals model, and good health care practices of member organizations have also been taken into consideration.
- Available indicators for evaluation were sought and new ones were created.
- The study was carried out with workshops, self-assessments, and group discussions.



Results

- **Standards for nutritional health promotion in healthcare and social welfare in Finland**

- A structure of nutrition standards for healthcare and social welfare services, based on HPH standards, have been developed.

Five main standards with sub-standards:

1. The organization has a written policy for nutritional health promotion
2. The organization ensures that health professionals, in partnership with patients, systematically assess needs for nutritional health promotion activities
3. The organization provides patients with information on nutritional factors concerning their disease or health condition and nutritional health promotion interventions are established in all patient pathways
4. The management establishes conditions for the development of the hospital as a nutritionally healthy workplace
5. The organization has a planned nutritional approach to collaboration with other health service providers and other institutions and sectors

- Targets, measures, responsibilities and evaluation methods for each standard have been defined.

OBJECTIVES	IMPLEMENTATION	RESPONSIBILITIES	EVALUATION
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Standard 1. The organization has a written policy for nutritional health promotion

OBJECTIVES

- 1.1. **Persons responsible** for the drawing up, implementation, evaluation, and regular review of the organization's nutritional health promotion policy **have been identified**
- 1.2. The necessary **resources** for the implementation, evaluation, and regular review of the nutritional health promotion policy have been **allocated**
- 1.3. The organization has **a nutritional health promotion policy and a communications plan**. The staff are aware of them and communicating the policy is part of the familiarisation programme for new staff
- 1.4. Managing the promotion of nutritional health **with knowledge**
- 1.5. The organization's **staff are trained and competent** for the promotion of nutritional health
- 1.6. The necessary **resources** in order to implement nutritional health promotion, nutritional treatments, and guidance, are **available**

Standard 2. The organization ensures that health professionals, in partnership with patients, systematically assess needs for nutritional health promotion activities

OBJECTIVES

2.1. All patients have **the means to assess their need for nutritional guidance and treatment**

2.2. The organization considers the differing **needs of diverse patient groups** in assessing the need for nutrition treatment and guidance

2.3 The patient's need for nutrition treatment and guidance will be assessed and reviewed appropriate **to their nutrition status or need for care in collaboration with the patient**

2.4 The patient's nutritional health needs are assessed with sensitivity to their **social and cultural background**

2.5 Information provided by partners will be used to identify needs related to the patient's diet and nutritional guidance and treatment

IMPLEMENTATION

The patient's need for nutritional guidance and treatment as well as their own views will be discussed on admission.
The situation will be reviewed as nutrition status or treatment changes or on the patient's initiative.

EVALUATION

Preliminary questionnaires and discussions on admission collaborate with the patient to assess

- 2.3.1 height, yes/no
- 2.3.2 weight, yes/no
- 2.3.3 changes in weight, yes/no
- 2.3.4 BMI, yes/no
- 2.3.5 special dietary requirements, yes/no
- 2.3.6 functioning in feeding or taking care of one's own diet, yes/no
- 2.3.7 number of malnutrition risk assessments conducted, n
- 2.3.8 risk assessment results, as indicated in the risk classification of the procedure
- 2.3.9 ICD10 obesity diagnoses, n
- 2.3.10 ICD10 malnutrition diagnoses, n

Standard 3. The organization provides patients with information on nutritional factors concerning their disease or health condition and nutritional health promotion interventions are established in all patient pathways

OBJECTIVES

- 3.1 **The patients will be informed about issues related to their nutritional health.** The patients will participate in the planning and implementation of their nutrition treatment.
- 3.2. The nutritional guidance given to patients is **evidence-based**, clear, and appropriate to the client
- 3.3. Nutritional health promotion is systematically offered **based on assessed needs**
- 3.4. Documentation in patient records is uniform and evaluative of the results of nutritional guidance. There are no gaps in the transfer of data**
- 3.5. All patients, staff, and visitors have **access to information on factors influencing nutritional health**

Standard 4. The management establishes conditions for the development of the hospital as a nutritionally healthy workplace

OBJECTIVES

- 4.1. The organization's personnel strategy includes developing staff skills and offering **training in nutritional health promotion**
- 4.2. The employer enables nutritionally healthy practices for staff through **the catering and occupational health services**
- 4.3. Staff will participate **in decision-making concerning meals during working hours and their arrangements**
- 4.4. Staff have the means to maintain and develop **their awareness of health-promoting nutrition and food choice**

Standard 5. The organization has a planned nutritional approach to collaboration with other health service providers and other institutions and sectors

OBJECTIVES

- 5.1. Nutritional health promotion, nutritional care and catering services are included in the healthcare and social welfare service **organization's strategy and operational plan**
- 5.2. **Cooperative relationships** are established with local healthcare and social welfare services as well as nutrition experts
- 5.3. **The continuity of a patient's nutritional health promotion and nutritional care** will be ensured
- 5.4. **Documents** related to the patient's nutritional care and rehabilitation have been **communicated to partners in continued treatment and follow-up of the patient**

Discussion and conclusions

- It was challenging to find suitable indicators for evaluation that would gather information about existing systems. Therefore new indicators had to be create.
- According to feedback of representative member organizations and health professionals, the need for quality management tools for nutritional health promotion and care has been widely recognized.
- Three counties are going to start an implementing pilot in the near future.
- These new criteria and management tools will support quality improvement and knowledge-based management of nutritional health promotion and care in healthcare and social welfare services in Finland.

Thank you!

The English version of the Nutritional Standards for Health Promoting Hospitals and Health Organizations in Finland are available at www.steso.fi [Nutritional standards.pdf](#)

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