Nurses Improving Nutrition Group Attendance Through RN Invitations

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Nurses Improving Nutrition Group Attendance Through RN Invitations
Shelly Johnson & Susanna Mitchell: University of Providence

Identification of the Problem

- Green Pregnancy nutrition groups can accommodate 12 participants
- 2019 = Average of 4 participants per quarter
- 2020 – currently 6 patients
- Programs with low participation were at risk for retirement
- Nutrition counseling was recommended for pregnant women with risk factors
- RN nutrition counseling group visits with a culinary component can demonstrate good stewardship and engage families and nurses
- Nurses sought to discover ways to improve enrollment before the program was considered for retirement.

SMART Goal

To discover if adding RN in-person invitations vs. reminder calls alone will improve Green Pregnancy group attendance over three weeks.

Synthesis of the Evidence

- When nurses place reminder calls and invite patients to attend nutrition groups in-person, there is an increased opportunity for enrollment and attendance.
- Well-designed, systematic studies using independent measures of specific methods of appointment invitations and reminders are needed to discover the link between the intervention and attendance rates.
- Nurses demonstrated increased involvement in the program when attendance was higher. They also reported being more likely to follow-up with patients after personally inviting them to the nutrition group.

Implementation Plan

- Nurses attended orientation visits, offering in-person invitations
- Pregnant mothers may be introduced to culinary nutrition in the first trimester
- Nurses and their patients interacted in a class setting providing a trusting and nurturing environment for pregnant mothers.

Outcome Measures

- Enrollment increased from 6 to 10
- Attendance increased from 10 to 11
- Limitations: small RN task force n = 4
- Recommendation: Additional research is needed to discover if in-person invitations are more effective than telephone reminders for improving attendance

PICOT Question

- When working with registered nurses (RNs), how does adding in-person invitations as compared to reminder calls alone affect attendance at the Women’s Clinic Green Pregnancy nutrition group over a three-week period?

Evidence Table

- Text and phone call reminders improved rate of attendance to appointments
- Personal reminder calls were more effective than letters in retaining services for diabetes
- Automated electronic reminders improved adherence to care plans almost 3-fold
- All types of reminders had a positive effect on attendance

Evidence Table (chart)

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