

Providence St. Joseph Health

Providence St. Joseph Health Digital Commons

Articles, Abstracts, and Reports

4-21-2020

Nurses Improving Nutrition Group Attendance Through RN Invitations

Shelly Johnson

Providence St. Joseph Health; University of Providence

Susanna Mitchell

Providence St. Joseph Health; University of Providence

Follow this and additional works at: <https://digitalcommons.psjhealth.org/publications>



Part of the [Nursing Commons](#), and the [Obstetrics and Gynecology Commons](#)

Recommended Citation

Johnson, Shelly and Mitchell, Susanna, "Nurses Improving Nutrition Group Attendance Through RN Invitations" (2020). *Articles, Abstracts, and Reports*. 3716.

<https://digitalcommons.psjhealth.org/publications/3716>

This Presentation is brought to you for free and open access by Providence St. Joseph Health Digital Commons. It has been accepted for inclusion in Articles, Abstracts, and Reports by an authorized administrator of Providence St. Joseph Health Digital Commons. For more information, please contact digitalcommons@providence.org.

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.

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?

SMART Goal

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



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

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



- Shelly Johnson, RNC: sjohnson1@uprovidence.edu
- Susanna Mitchell, RN: smitchell18@uprovidence.edu
- Please feel free to reach out to us for references related to this project