

Monitoring medical nutrition therapy using a unified cloud-based platform in centers participating in Nutrition Day™ in Argentina. (METANUTRICmonitor)

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Description of the initiative

- **Background:** To evaluate the success of medical nutritional therapy, it is necessary to monitor the results of the interventions and the achievement of the objectives.
- It is key for the health team to know the daily nutritional provision and intake, tolerance and what percentage of the personalized nutritional objectives that amount delivered represents, as well as the accumulated deficit during hospitalization to effectively transmit that information in the transition of care.
- Most ICUs/General Wards in Argentina lack specific technological support for this purpose and do not carry out nutritional audits, except on *Nutrition Day™*, an initiative that is only carried out once a year.
- Unified cloud-based monitoring platforms will enable continuous audits on a broader scale, with analytical tools allowing clinical staff to modify their performance based on data.
- **Rationale:** This project focuses on discerning whether technology-based solutions under a data-driven quality improvement strategy can be the answer, through the development of tools and processes that provide the healthcare team with the ability to offer better treatment, more individualized and that meets the recommendations of current guidelines.
- **Objectives:** evaluate the impact of the development and implementation of a technological-based tool for monitoring medical nutritional therapy (METANUTRICmonitor) in the centers participating in *Nutrition Day™* in Argentina.

Planned activities & deliverables

- In a pilot test, a consolidated multidisciplinary clinical nutrition team from the Eva Perón School Hospital, together with statistical and technological advisors, will develop the tool to subsequently implement, adapt and calibrate in their usual clinical practice.
- Then a randomized study will be carried out (intervention group versus control group) among those centers participating in the 2024 nutrition day in Argentina. Use of the METANUTRICmonitor tool in the intervention group will be assigned after training and capacitation.
- Comparative statistical analyzes will be carried out on the results of the audit of the nutrition day for the years 2024 and 2025.
- The results will be published in the next 12 months

Resources & enablers

- Consolidated teams in care centers and motivated technological and statistical advisors with knowledge of the health field.
- €40,000 will be needed, which will be allocated to 2 year of professional services/infrastructure. €25,000 in the pilot test and €15,000 in the randomized study.
- Having a national nutrition association (AANEP) and a global initiative (*Nutrition Day™*) committed and connected to improve the nutritional care of our patients would allow this project to be successful.

Results/outcomes & expected impact

- This project will improve the effectiveness of nutritional medical therapy based on diary monitoring in addition to providing more effective communication in care transitions between ICU and general wards and nutritional auditory.
- This project is innovative because it combines human and technological resources to contribute to better nutritional care for our patients under a paradigm of continuous change.
- The socialization of the importance of nutritional monitoring during hospitalization could promote a common agenda by the AANEP and the national health policy for the replication of this initiative to other effectors since implementing this dynamic and adaptive strategy to daily practice would institutionalize improvements to through monitoring and modifying structures with the potential to generate a national nutritional monitoring network.
- It would be transferable to other countries under similar conditions, since the methodologies implemented in this project will be cost effective once developed, allowing for a clearer understanding of the importance and quality of nutritional medical therapy provided in accordance with existing guidelines, expanding the spirit of the nutrition day initiative and the associations involved.

X

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