Problem:
- During a hospital stay, the prevalence of malnutrition increases to 20% to 65%, and to 23% to 85% in nursing home residents.
- In 2014, 718 patients (8.7% prevalence) were identified with malnutrition at NewYork-Presbyterian/The Allen Hospital.
- On the geriatric unit during the same year, 248 patients were identified with malnutrition. This represented 35% of patients identified with malnutrition at The Allen Hospital in 2014.
- Upon admission, the majority of malnourished patients on the geriatric unit were identified with ≤50% energy intake compared to estimated energy needs for > 5 days.

Solution:
- To improve patients’ oral intake, a patient feeding program was implemented by trained volunteers via collaborative work with Volunteer Services, Nursing, Speech/Language Pathology (SLP) and Clinical Nutrition.
- Golden Spoons volunteers work under the supervision of the RN.

Methods:
- The RN/RD/SLP indicates patients requiring assistance and the level of assistance needed.
- Golden Spoons volunteers do not perform any additional hands-on services for patients, and only feed or assist patients who do not have complicated feeding regimens.
- Golden Spoons volunteers complete a Meal Intake form for patients assisted or fed. This documentation indicates how much the patient consumed at a designated meal time.
- Golden Spoons volunteers communicate this data with the RN and RD.
- In 2014, 30 Golden Spoons volunteers (63% nutrition students) participated in this feeding program.

Outcomes/Conclusion:
- In 2014, the Golden Spoons feeding program was implemented on the Geriatric unit in February; on the Stepdown unit in July; and on a Medicine unit in November.
- During 2014, 300 patients received feeding assistance.
- 41% of the patients on the geriatric unit consumed 75-100% of their meals.
- From 2013 to 2014, there was a 7% decrease in the number of patients identified with malnutrition on the Geriatric unit.
- Patient intake improved, and the prevalence of malnutrition related to inadequate food intake was reduced.
- Positive patient impacts include improved oral intake, reduced prevalence of malnutrition, and improved patient and family satisfaction.
- Golden Spoons also helped to elevate interdisciplinary collaboration in the nutritional care of the patient.