Nutrition intake early after stroke is poor: Investigating nutrition within an Enriched Environment

Samantha Robertson, Senior Stroke Dietitian
Dr Ingrid Rosbergen, Dr Rohan Grimley, Dr Chris Anstey
Nutrition in Stroke: The Enriched Environment

Food ➔ Energy ➔ Therapy ➔ Recovery

Enriched Environment

- Standard cage vs. enriched cage
- Appearance of nerve cells, mouse cerebrum

Enriched cage

Sunshine Coast Hospital and Health Service

Queensland Government
The AIM of this study was to determine if embedding environmental strategies could have a positive impact on nutritional intake and outcomes in stroke patients.

**Nutrition Intake**
- Mealtime observations
- Foodcharts for all meals & snacks (e.g. ¼, ½, ¾, all) from admx to d/c
- Dietcode

**Group 1**
Usual Care  
n=30

Recruited patients met eligibility criteria  
6 weeks

**Group 2**
Enriched Environment  
n=30

12 weeks  
same staffing levels across groups

14 weeks

**Malnutrition**
- Admx & d/c SGA
- Admx & d/c bodyweight
Results & Conclusion

- Overall, acute stroke patients were not meeting nutritional requirements and losing weight.

- The enriched environment did not show a significant change in nutritional intake between groups however trend toward improved intake with greater severity of stroke.

- Malnutrition was significantly associated with energy and protein intake and length of stay.

$\sim 70\%$ reqts met

Mild  Moderate  Severe