



# Monitoring and replacing electrolytes correctly in patients at risk of refeeding syndrome

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## Background

- Malnourishment is common in hospitalised patients
- Refeeding syndrome refers to the biochemical disturbances and clinical consequences when feeding is initiated too rapidly in the under-nourished individual
- Consequences include cardiovascular, respiratory, neuromuscular and gastrointestinal complications, often as a result of electrolyte derangement
- It is therefore important to replace these electrolytes correctly

## Aims

Assess how well junior doctors check and replace electrolytes in patients identified at risk of refeeding syndrome, with the aim of addressing reasons for any poor compliance

## Objectives and methods

- Audit replacement and monitoring of electrolytes against trust guidelines (spot audit)
- Consider reasons for any poor compliance (questionnaires to junior doctors)
- Implement interventions to increase compliance with guidelines if necessary

## Results

From 215 medical notes- all wards over 2 days:  
 ➢ 15 patients (7%) identified at risk of refeeding syndrome by dietetics team  
 ➢ 14 patients where risk was alluded to but not specifically stated

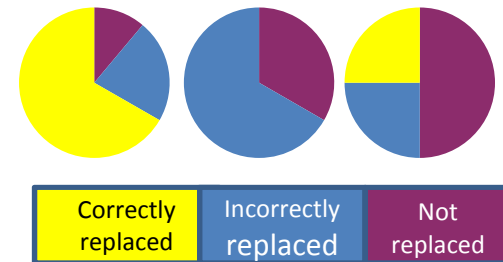
## Results

### Questionnaire results (n=25)

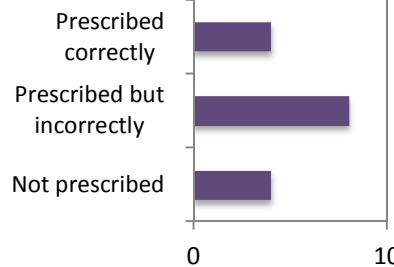
**60% DID NOT** know how to access trust guidelines for electrolyte monitoring and replacement

**56% DID NOT** feel confident about prescribing electrolyte replacement correctly

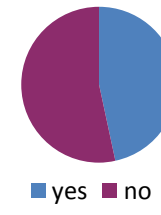
### Potassium Magnesium Phosphate



### Prescribing of vitamin replacement



### Refeeding bloods checked as per guidelines?



## Conclusions

- Monitoring and replacing electrolytes in risk of refeeding patients can improve
- There is a subset of patients that may benefit from clearer identification of re-feeding risk

## Interventions proposed

1. Poster for doctor's offices
2. Increase accessibility of trust net guidelines
3. Raise awareness of problem- pre-GR stall/presentation
4. Liaise with dietetics -standardising documentation of at-risk patients

