Knowledge & Confidence in Nutrition for Wound Healing

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Abstract:

Acute and chronic wounds occur in patients regardless of age and demographics. Nutritional interventions have been shown to increase wound healing rates, however, patients often lack this knowledge and rely on healthcare providers to guide and teach them.

The literature shows that nurses do not have the knowledge to provide nutritional education because of their own knowledge deficit. The purpose of this project was to examine the impact of education regarding nutrition for wound healing on nurse knowledge and confidence with providing patient nutritional education and guidance.

Prior to receiving the educational intervention, the nurses agreed or strongly agreed (M = .95) that it is important to provide nutritional education to their patients. The nurses did not have the knowledge-base to provide education to their patients, and they did not feel confident in their ability to use the teach-back method to provide that education.

After the completion of an educational intervention that featured a brief presentation and brochure that contained recommendations for wound healing, nurses increased their knowledge of basic nutritional principles (p = .0009, g = 1.286), they felt more confident in their ability to provide nutritional education to their patients (p = .001, g = 1.3), and the nurses felt less confident in their ability to use teach-back to provide nutritional education to their patients (p = .068, g = .652).

Problem Statement: Nutritional interventions have been shown to increase wound healing rates, however, patients often lack this knowledge and rely on healthcare providers to counsel and guide them.

Question: What is the relationship between staff nurse education regarding nutrition for wound healing and perceived nurse confidence with providing patient nutritional education and guidance?

Method: A sample of nurses from two hospitals (critical access hospital and orthopedic unit in large hospital) were invited to complete a pre-survey (n = 20), participate in an educational intervention, and complete a post-survey (n = 16).

Intervention:

• Pre-survey
• Educational intervention
• Presentation
• Tri-fold and Case Study
• Post-survey

Results:

After being provided education regarding nutritional recommendations for optimum wound healing:

• Nurses increased their knowledge of basic nutritional principles
• Nurses felt more confident in their ability to provide nutritional education to their patients
• Nurses felt more confident in their ability to use teach-back to provide nutritional education to their patients

Conclusion:

This project demonstrates that a brief presentation and a simple brochure featuring nutritional information for wound healing, had a strong effect size and increased the bedside nurses’ knowledge and confidence in providing education and guidance to a patient with a healing wound.

References


