

# Why measuring the Nutritional Quotient adds to quality of life and why we must digitalise it



**NQ<sup>IQ</sup>**

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**ITAC 2020**

# The NQ (Nutritional Quotient)

**“Lack of provision of adequate food and fluids represents elder abuse by neglect or omission”**

Dietitians Association of Australia  
Submission to Royal Commission

## **Nutritional Quotient**

**“Resident’s nutrition adequate for health, well being and the things they want to do.” (ACQS)**

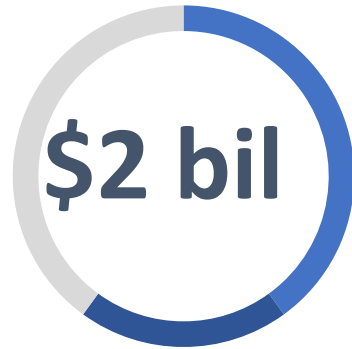


# The Problem

## – Malnourishment in residential aged care



Care Hours  
per year



Catering  
Spend  
per year

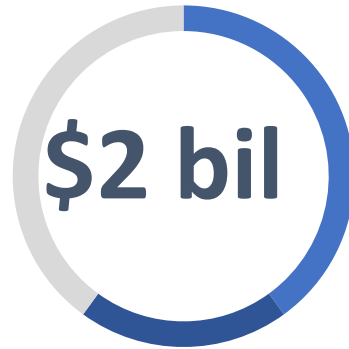


# The Problem

## – Malnourishment in residential aged care



Care Hours  
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Catering  
Spend  
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Malnutrition



# The Problem

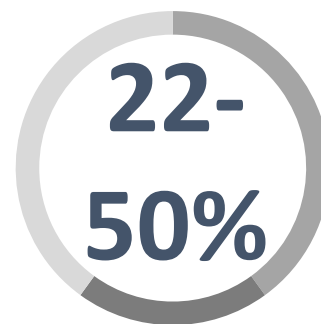
## – Malnourishment in residential aged care



Care Hours  
per year



Catering  
Spend  
per year



Malnutrition



Individual  
Nutritional  
Consumption



# Current evidence

## 4 Week Rotati

MONDAY	TUESDAY	WEDNESDAY
<b>BREAKFAST</b>		
Poached Egg Welsh Cakes	Crumpets with Jam and Butter Scones	Scrambled Egg with Grilled Tomato Mini Quiche
<b>LUNCH – AFTERNOON</b>		
Snack Pies with potato mash, carrots and brussel sprouts Fresh Fruit Offering Steamed Fruit Pudding with custard	Farmhouse chicken and leek pie with roast potatoes, carrots and peas Biscuits Chilled Dutch Apple Pie & Cream	Spaghetti Milanese, turkish bread and mixed vegetables Fresh Fruit Offering Cheesecake and whipped cream
Traditional Macaroni Cheese with Peas Chicken and Rice Soup	Fish cocktails with chips and tar tare sauce Cauliflower	Swedish Rissoles in Gravy Scots Broth



# NQ Alert benefits



## **GAIN**

**10+ million**

High-touch care hours

## **SAVE**

**\$34+ million**

Food waste

## **BENEFITS**

- Meet Quality Standards**
- Return on investment**
- Increased nutrition uptake**
- Increased quality of life**
- Prioritised high-touch care**
- Reduced reactive care**
- Brand recognition**
- Increased occupancy**





# Why digitalise?



## 5 reasons

**Return on Investment**

**Measure**

**Comply**

**Satisfy**

**Excel**



# Measure



**Evidence:**

**Photograph**

**Video**

**Care notes**

**Voice to text**

**Comparative analysis**

**Machine learning**

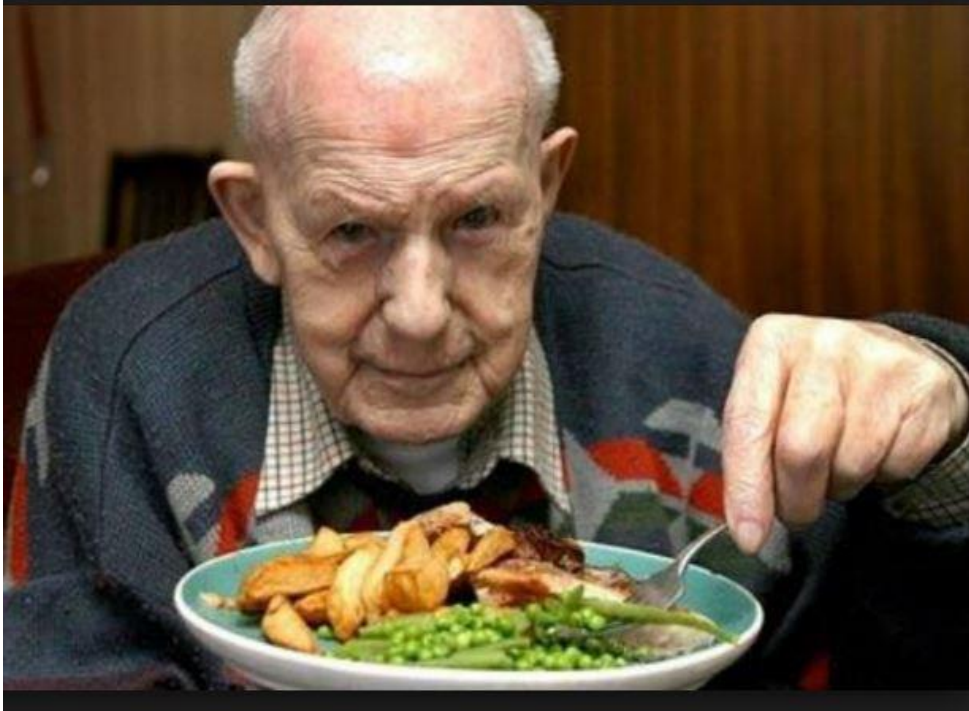
**Data analytics**

# Care and Comply



**High touch prioritised care**  
**Supported evidence**  
**Automated reports**

# Satisfy



**Maintain quality of life**  
**Happy family**  
**Increase occupancy**  
**Boost staff morale**  
**Accreditation**

# Excel



**Return on investment**  
**Good for the resident**  
**Intergenerational weaving**  
**Reduce waste**  
**Increase productivity**



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**SMART NUTRITION**

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