

Hospital meal experiences and appetite – Findings from a Danish study using qualitative visual methods.

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Rationale Insight into patients' hospital meal experiences is a starting platform for nutritional care strategies. This study aimed to investigate patients' meal experiences related to appetite during hospitalization.

Methods: 9 hospitalized patients (≥3 days) from orthopaedic/surgical wards and 2 patients' (≥3 days) from gynaecological/surgical ward from a small Danish Hospital were interviewed during spring 2015 using visual and semi-structured interview method (Research-Driven-Photo-Elicitation). 5 transcribed interviews from orthopaedic/surgical department were coded and analyzed thematically inspired by Kvale and Brinkmann's analysis strategy. 7 transcribed interviews from orthopaedic/surgical wards and 2 from gynaecological/surgical ward were divided into themes using content analysis inspired by The Five Aspects Meal Model (FAMM).

Results: Patients use food and meals as proxy for maintaining identity and autonomy in an alienating situation. Patients' found social aspect around meal situations, meal surroundings and food aesthetic expression to be important elements for improving appetite. Furthermore patients' appetite is positively affected by health care staff's ability to negotiate and co-construct patients meal experiences based upon patients own situated needs.

Conclusion: These findings emphasize the need for considering hospital meals to be social and situational constructed and suggest health care professional ability to negotiate and co-create patients meal experiences and appetite of importance. There is a need for improving health care professions competences related to co-creation which is based upon patients' individual and situated needs.

Disclosure of Interest: None Declared