FFN
Fragility Fracture Network

SIMPLER
Self-Assessment Tool

SIMPLE
better nutrition, better outcomes

A rapid self-rating tool for teams caring for people with hip fracture

Teams can self-rate each SIMPLER action using ONE of three approaches: **chart audit**, **patient/carer report**, or **clinician/team report**.

SIMPLER+ = at least half of eligible patients received the action.

Not SIMPLER+ = fewer than half of eligible patients received the action.

Count the number of **SIMPLER+** actions across all six actions to determine your overall level on **Page 2**.

1 How can we measure "Avoided unnecessary fasting"?

Audit 10 charts	Look for fasting > 6 hours before surgery and/or repeated fasting episodes.
Ask 10 patients with a good memory, and/or their carers	Were you fasted for more than about 6 hours before your surgery, or fasted more than once?
Survey 10 clinicians	What proportion of patients fast more than about 6 hours before surgery, or are fasted more than once?

2 How do we measure awareness of malnutrition or nutrition risk?

Audit 10 charts	Look for documented nutrition assessment and discussion of results with the patient and/or carer.
Ask 10 patients with a good memory, and/or their carers	Have you been told the results of your nutrition assessment?
Survey 10 clinicians	What proportion of patients who are malnourished or at risk of malnutrition, and who have a good memory, are aware of this?

3 How can we measure "Received nutrition information"?

Audit 10 charts	Look for evidence that nutrition information was provided.
Ask 10 patients with a good memory, and/or their carers	Have you been given information about nutrition?
Survey 10 clinicians	What proportion of patients in the past month were provided with information about nutrition?

Continue to Page 2 for actions 4–6 and overall scoring.

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4 How can we measure "Received high protein foods & fluids"?

Audit 10 charts	Look for documented provision of high protein / energy foods and fluids, and assessment of food and fluid intake.
Ask 10 patients with a good memory, and/or their carers	Have you usually had high protein food and fluid choices? Has anybody asked you how much you have been eating?
Survey 10 clinicians	What proportion of patients have received high protein foods and fluids, and had their intake assessed within 72 hours of surgery?

5 How can we measure "Received Oral Nutritional Supplements"?

Audit 10 charts	Look for documented provision of oral nutritional supplements, and assessment of intake.
Ask 10 patients with a good memory, and/or their carers	Are you receiving oral nutritional supplements? Has anybody asked you what these are for? How much of these are you having?
Survey 10 clinicians	What proportion of patients have received oral nutritional supplements, and had their intake assessed within 72 hours of surgery?

6 How can we measure "Post-discharge nutrition plan"?

For all patients who remain 'at risk' of malnutrition or malnourished on discharge

Audit 10 charts	Look for a malnutrition status and treatment plan included in the discharge paperwork.
Ask 10 patients with a good memory, and/or their carers	Has anybody asked if they can give your nutrition information to your preferred post-hospital health care provider?
Survey 10 clinicians	What proportion of patients have their malnutrition status and nutrition treatment plan included in their discharge paperwork?

Overall SIMPLER level

SIMPLER+ for an action =	half or more of eligible patients received the action
Not SIMPLER+ for an action =	fewer than half of eligible patients received the action
0–1 SIMPLER+ actions =	Not SIMPLER
2 SIMPLER+ actions =	Bronze
3–4 SIMPLER+ actions =	Silver
5–6 SIMPLER+ actions =	Gold