



## **Singapore Parenteral and Enteral Nutrition Society (SingSPEN)**

### *Nutrition Care after Hospital Discharge in Singapore: Evidence-Based Best-Practice Recommendations*

#### **Call for Implementation Research Seed Grant Proposals**

##### **I. Background:**

In 2023, the Sarcopenia Interest Group of Singapore Parenteral and Enteral Nutrition Society (SingSPEN) published a paper (Ng DHL, et al. *Nutrients* 2023;15(21):4492) highlighting that the nutritional status of hospitalised patients is often at risk or compromised and predisposed to further deterioration after discharge, leading to poor clinical outcomes, high healthcare costs, and poor quality of life.

The paper provided evidence-based best-practice recommendations to seek to improve upon the current nutrition care processes at discharge for healthcare institutions in Singapore.

The authors envisaged that the paper would provide a starting point for discussions and further research amongst healthcare professionals involved in after-discharge nutritional care.

##### **II. Objective**

1. To further this vision and reinforce the benefits of post-discharge care, SingSPEN has initiated a Call for Small Research Grant Proposals.

##### **III. Scope**

1. Research proposals will be invited by SingSPEN to test all or some of the best practice recommendations of the paper Ng DHL, et al. *Nutrients* 2023;15(21):4492 from all hospitals as well as qualified SingSPEN members.
2. Proposals are to be submitted to SingSPEN via email [singspen@singspen.com](mailto:singspen@singspen.com) by 1st December 2024 using the template provided.
3. The proposal should reflect the multi-disciplinary collaborative effort to support after discharge nutrition care that is sustainable within the hospital system as detailed in the paper.

- IV. The study should include an intervention based on or in keeping with the recommendations from SingSPEN Ng et al, 2023), with a study period of no more than 6-months. The intervention/s should be in a targeted form that will lead to a measurable change in clinical practice, knowledge acquirement and/or clinical outcomes, in which ideally compliance can be proven and outcomes can be demonstrated to be sustainable over time. All data analysis and report should be completed within 8-months of the award of the grant.

**V. Format for Submission**

1. All submissions must be submitted using the [TEMPLATE](#) provided.

**VI. Criteria for evaluation**

1. Does the research proposal include one or more of the best practice recommendations of Ng DHL, et al. *Nutrients* 2023;15(21):44922?
2. Does the proposal advance a real-life multi-disciplinary approach to nutrition care after discharge?
3. Does the research proposal provide new information or reflect a Quality Improvement Program that is sustainable within the hospital system?
4. Do the outcomes proposed improve nutritional status and clinical outcomes of patients after discharge from hospital?
5. Do the proposed benefits improve quality of life of patients, reduce hospital readmission and / or reduce cost of care?
6. Does the proposal include the aim to demonstrate measurable change in terms of compliance to a change in practice/caregiving, and/or a measurable change in knowledge in the healthcare practitioners, patients or caregivers as a result of the intervention. Ideally, the methodology should also have provision to demonstrate that the change in practice and/or acquired knowledge is sustainable and demonstrable over time

**VII. Selection process**

**Round one**

1. All Research Proposals submitted will be reviewed by a group of experts convened under the Sarcopenia Interest Group of SingSPEN.
2. Reviewers will review and score research grant proposals submitted and provide feedback to all study teams.
3. Both scores and feedback will be provided to all anonymously.

**Round two**

4. The study teams of *shortlisted proposals* will be given one week to address the feedback by the reviewers and resubmit their grant proposals for review by the Grant Committee again. Top 1 - 3 proposals will be awarded the research grant.
5. Selection of the reviewing panel will be final. The award of the research grant quantum by the panel will also be final and not subject to further negotiation.

**VIII. Prize structure**

- S10,000 will be paid by SingSPEN to the institution at which the Principal Investigator of the winning research grant is employed for the specific purpose of use for the awarded research proposal.

**IX. Resources**

- Ng DHL, et al. *Nutrients* 2023;15(21):4492.
- Malnutrition Quality Improvement Initiative: <https://malnutritionquality.org/>

**X. IRB requirements, consent process & terms and conditions**

1. All successful submissions must include a statement that approval from head of department and any other department/senior management has been acquired as required per institution policy for conducting the research proposals.
2. All successful submissions will require institutional review approvals for the conduct of the research study are the responsibility of the investigators.
3. During the study, All IRB requirements for the research study must be adhered to and are the responsibility of the investigators.
4. 70% of the grant will be disbursed upon the receipt of the IRB approval for the study. These documentations can be submitted before or after the selection process by the grant review committee, but must be completed by February 2025 or the grant review committee will reserve the right to retract the award.
5. 30% of the grant will be disbursed upon the completion of presentation at PENSAs 2025

## **XI. Deliverables**

1. Once Research Grant money is awarded by SingSPEN to the institution, it will be the responsibility of the principal investigator to complete the study as per timeline, within budget and, present the results at local, regional or international meetings. SingSPEN must be notified of the results and the publications as these occur.
2. The principal investigators will submit a mid-term and final term report, which includes budgetary progress to the grant committee.
3. Awarded teams will also be encouraged to publish the findings as a full paper in a local, regional or international journal within 2 years of the award of the grant.
4. Presentation of the findings of the study at PENSAs Oct 2025 is compulsory. Non-presentation of findings at PENSAs will result in forfeit of the final 30% of the Research Grant awarded.

## **XII. Important Dates**

1. 1<sup>st</sup> December 2024: Submit research proposal to SingSPEN at [singspen@singspen.com](mailto:singspen@singspen.com)
2. 1<sup>st</sup> Jan 2024: SingSPEN to announce successful research grants.
3. From February 2025: Disbursement of 70% of the Grant upon receipt of all the required documentation as detailed above.
4. October 2025: Present study results at PENSAs 2025, 7<sup>th</sup>-11<sup>th</sup> Oct 2025.

This Call for Research Proposals is issued by SingSPEN, guided by the experts of the Sarcopenia Interest Group.

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