



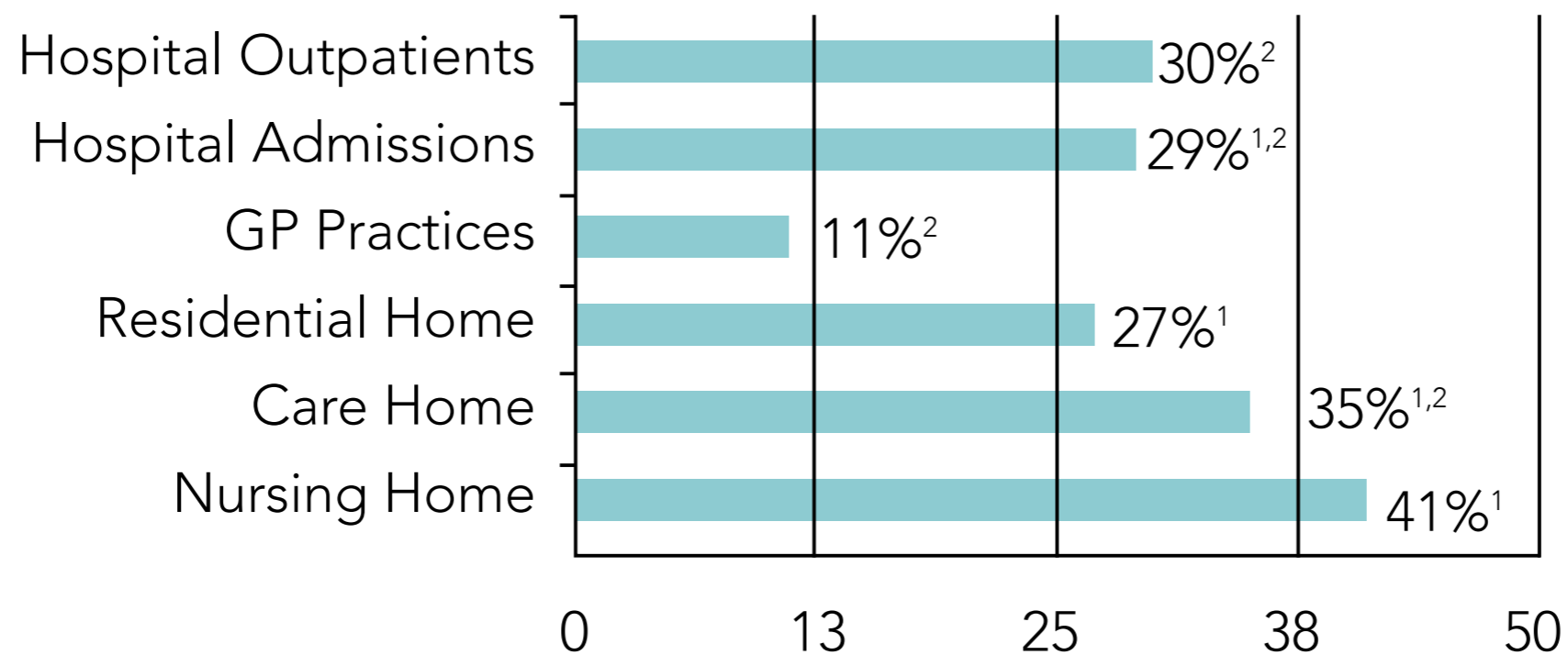
Clinical and Financial Consequences of Malnutrition

Malnutrition is Common:



93% of those at risk live in the community^{1,2}

Malnutrition Prevalence %



References:

1. Stratton R, Smith T, Gabe S. Managing malnutrition to improve lives and save money. BAPEN. October 2018. <https://www.bapen.org.uk/pdfs/reports/mag/managing-malnutrition.pdf>
2. Holdoway A et al. Managing Adult Malnutrition in the Community. 2021 https://www.malnutritionpathway.co.uk/library/managing_malnutrition.pdf



Groups at risk of Disease-related Malnutrition includes those with:^{1,2}

- Chronic disease e.g. COPD, cancer
- Progressive neurological disease e.g. dementia, MND
- Acute illness (more common in hospital than the community)
- Frailty e.g. immobility, old age, recent discharge from hospital, sarcopenia
- Neuro-disability e.g. cerebral palsy, learning disabilities
- Impaired swallow (dysphagia)
- End of life requirements/palliative care needs
- Also those undergoing:
 - Prehabilitation - to optimise nutritional status prior to surgery
 - Rehabilitation - to provide on-going support in the community after an acute episode of care e.g. after surgery, stroke, injury, cancer treatment, hospital admission

References:

1. Stratton R, Smith T, Gabe S. Managing malnutrition to improve lives and save money. BAPEN. October 2018. <https://www.bapen.org.uk/pdfs/reports/mag/managing-malnutrition.pdf>
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Consequences of Malnutrition^{1,2}

- Increased falls risk
- Slower recovery from illness and surgery
- Poor clinical outcomes e.g. higher mortality, complications, infections
- Impaired immune response
- Reduced muscle strength and frailty
- Impaired wound healing
- Impaired psycho-social function e.g. anxiety, depression, altered cognitive function

**Greater
Healthcare Needs
in the Community**
e.g. GP visits,
antibiotics

**More Hospital
Admissions/
Readmissions**

**Longer Length of
Stay in Hospital**

References:

1. Stratton R, Smith T, Gabe S. Managing malnutrition to improve lives and save money. BAPEN. October 2018. <https://www.bapen.org.uk/pdfs/reports/mag/managing-malnutrition.pdf>
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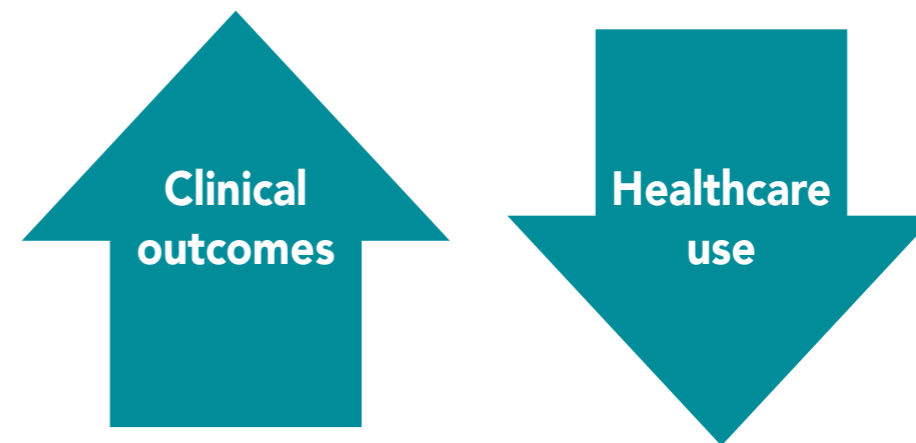
Tackling malnutrition to improve outcomes

- Malnourished individuals have poorer clinical outcomes and greater healthcare use, impacting on the health economy^{1,2}
- Tackling malnutrition can improve nutritional status, clinical outcomes and reduce healthcare use^{1,2}

Malnourished individuals



Tackling malnutrition



References:

1. Stratton R, Smith T, Gabe S. Managing malnutrition to improve lives and save money. BAPEN. October 2018. <https://www.bapen.org.uk/pdfs/reports/mag/managing-malnutrition.pdf>
2. Holdoway A et al. Managing Adult Malnutrition in the Community. 2021 https://www.malnutritionpathway.co.uk/library/managing_malnutrition.pdf



Malnutrition is Costly:

The consequences of malnutrition costs the UK health and social care system:

- More than **£23bn** each year¹
- This equates to **15%** of total expenditure on health and social care
- The amount corresponds to approximately **£370** per capita of the population¹ and breaks down to an average cost of over **£15 million per PCN in England**²

References:

1. Stratton R, Smith T, Gabe S. Managing malnutrition to improve lives and save money. BAPEN. October 2018. <https://www.bapen.org.uk/pdfs/reports/mag/managing-malnutrition.pdf>

2. Average cost calculated on the basis of £19bn per year cost of malnutrition in England and 1,250 PCNs in the UK



The Cost of Malnutrition

- It is estimated that identifying and treating malnutrition according to NICE guidance (CG32/QS24) can save at least **£123,530** per 100,000 people¹
- The estimated annual health and social care costs of treating a malnourished patient are 3x that of a non-malnourished patient^{1,2}:
 - patient with malnutrition = **£7,408**^{1,2}
 - similar patient without malnutrition = **£2,155**^{1,2}
- The cost of nutrition support products (including ONS, tube feeds and parenteral nutrition) is low at **<2.5%** of the total expenditure on malnutrition^{1,2}

References:

1. Stratton R, Smith T, Gabe S. Managing malnutrition to improve lives and save money. BAPEN. October 2018. <https://www.bapen.org.uk/pdfs/reports/mag/managing-malnutrition.pdf>
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National Institute for Health and Care Excellence (NICE) Guidance

NICE Clinical Guideline CG32¹ and supporting Quality Standard QS24²:

- **NICE CG32¹ recommends considering oral nutrition support to improve nutritional intake of people who can swallow safely and are malnourished or at risk of malnutrition (A-grade evidence)**
- **NICE QS24² emphasises the need for all care services to take responsibility for the identification of people at risk of malnutrition and to provide nutrition support for everyone who needs it**

References:

1. National Institute for Health and Care Excellence (NICE). Nutrition support in adults: oral nutrition support, enteral tube feeding and parenteral nutrition. Clinical Guideline 32. 2006 (Updated 2017).
2. National Institute for Health and Care Excellence (NICE). Nutrition support in adults. Quality Standard 24. 2012