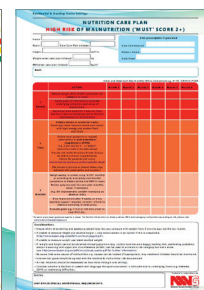


The Pathway

Making Malnutrition Matter

malnutritionpathway.co.uk



Malnutrition Awareness Week 1 - 5 October 2018

BAPEN and the Malnutrition Task Force (MTF) have joined forces to instigate the first ever Malnutrition Awareness Week which will take place in early October and will be launched on the International Day of Older Persons on Monday 1st October.

With the significant problem of 'hidden' malnutrition in the elderly. It is estimated that 1 in 10 people over the age of 65 in the UK are malnourished or at risk of malnutrition. The vast majority (over 90%) of people who are malnourished are living in their own homes and yet for many people the signs and symptoms of malnutrition go unnoticed and unrecognised

"We wrongly assume that malnutrition and dehydration belong to the past – but the reality is that poor nutrition and hydration are often not recognised by older people, families or health care professionals. The risk of becoming undernourished increases significantly as people age and it is further complicated by the common myth that losing weight is a normal part of ageing, when it should actually raise alarm bells" says Dianne Jeffrey, Chair of the MTF. "We are all well aware that obesity causes serious health problems but there are also serious health consequences for older people who are at the other end of the scale and don't eat enough".

"Malnutrition is a major cause and consequence of poor health and older people are particularly vulnerable. Malnutrition is everyone's responsibility, each of us must make it a priority to understand the signs, symptoms and risk factors – it could even help prevent a family member or loved one suffering from this silent and hidden condition", says Dr Simon Gabe, BAPEN President. "At BAPEN we are determined that this year with our first ever Malnutrition Awareness Week we will shine a spotlight on the burden of malnutrition in the UK and highlight some of the dangerous myths and misconceptions that abound. The fact that so many people are living into late old age is a cause for celebration, but if there is no change, the prevalence of malnutrition will only increase. Living longer means little if it is not living well."

If you are interested in running activities during Malnutrition Awareness Week there are a number of resources available to you via **Managing Adult Malnutrition in the Community** at malnutritionpathway.co.uk

Visit the website to download materials or email malnutritionpathway@franklincoms.co.uk if you would like hard copies of materials – we have hard copies of the guidance documents, posters and patient materials available.

To stay up to date with plans for Malnutrition Awareness Week follow MTF and BAPEN on Twitter @MalnutritionTF and @BAPENUK and Facebook @UKBAPEN and search for #MAW2018

Note from the Editor

Over the last few months the Managing Adult Malnutrition in the Community team have been out at a number of conferences and events talking to healthcare professionals about the updated materials and the evidence base supporting them. We have also been working with the National Nurses Nutrition Group (NNGG) to update the care plans on our website (see page 3). We believe the work undertaken on the pathway to date is giving greater exposure to the issue of undetected malnutrition that pervades healthcare and remains a costly issue both to the healthcare economy and individuals. We recognise though that simply producing guidance is not enough to influence change so by attending healthcare events we have been able to discuss implementation of the pathway with professionals and assist them in ensuring that patients are getting the appropriate nutritional care to prevent and manage malnutrition. The positive feedback received from professionals at these events has been overwhelming. If you are holding any events promoting the management of malnutrition then do get in touch as we would be delighted to supply you with materials to assist in disseminating the messages and resources to screen, assess, treat and prevent malnutrition.

Whilst there appears to be greater noise made on the topic of malnutrition in our population including disease-related malnutrition, limited knowledge and the absence of nutrition training in medical curricula undoubtedly continues to hamper optimal nutritional care in everyday clinical practice. Dietitians working in the community do a fantastic job in tailoring advice for individuals, but we know access to a dietitian remains limited or patchy. We hope that our resources will help practitioners in tackling malnutrition and ensure that patients get to see a dietitian or healthcare professional with good knowledge of nutrition in a timely manner. The BDA is currently working on a project to help improve access to dietitians in the community and the BDA Chairman's theme 'Dietitians do Prevention' campaign (see page 3) also illustrates the breadth of work dietitians are involved in including prevention of malnutrition and optimal health through diet and nutrition.



Anne Holdway BSc RD FBDA

Registered Dietitian and Chair of the 'Managing Adult Malnutrition in the Community' panel

Malnutrition Pathway News

It is exciting to hear of dietetic led projects emerging where the malnutrition pathway has been implemented in full in general practice and has demonstrated reductions in medication use, hospital admissions and GP consultations, through improved nutritional care and the use of dietary advice and ONS in patients categorised at high risk of malnutrition. Cost-savings have been achieved even after accounting for the cost of the dietitian and any ONS dispensed. The abstracts for these pieces of work can be found at the links below and provide an excellent model which could be emulated in other areas:

- <https://www.bapen.org.uk/images/pdfs/annual-conference/abstracts-booklet.pdf> (OC63 and OC64)
(See right hand article on the HSJ award)
- http://erj.ersjournals.com/content/50/suppl_61/PA1609

One of the questions we are often asked is in relation to the prescription of oral nutritional supplements (ONS), especially where commissioning groups are restricting their use. There continues to be much debate about whether high risk patients i.e. those who have been losing weight rapidly and unintentionally, with / without a low body mass index should receive ONS or try a food-based approach first. NICE, in the clinical guideline CG 32, recommends the use of ONS in high risk patients on the basis of Grade A evidence, this recommendation is reflected in the latest version of the Managing Adult Malnutrition in the Community guidance. In individuals experiencing disease-related malnutrition, it is vital to consider how feasible it is for a sick individual (even when supported by their family or carers) to modify their diet and eat sufficient quantities of food to achieve their requirements for all essential nutrients. Whilst dietitians are uniquely skilled to assist individuals in providing tailored dietary advice, it was felt by the consensus panel that ONS may play a vital role in addressing the nutritional gap particularly in cases where there is delayed access to a dietitian. Ultimately, one must remember that guidelines are intended as a 'guide', they are not intended to replace clinical decision-making particularly that made by those with the appropriate skills in nutrition assessment, dietary counselling and monitoring. Given the numbers affected by malnutrition, we need to continue to strive to strengthen the dietetic workforce in primary care and improve access to dietetic services in the wider community including supporting members of the healthcare team to assist in delivering good nutritional care and advice. We hope the malnutrition pathway and resources help achieve this and raise the profile and awareness of malnutrition.

We hope that you will continue to support work in the malnutrition arena and assist us in disseminating the information to professionals in the community. Do share any work you are doing with us so that others can learn from any initiatives being carried out across the country.

Project implementing the Malnutrition Pathway shortlisted for HSJ award

The Dietetics Department at Gloucestershire Hospitals NHS Foundation Trust has been shortlisted for a HSJ Award for the work it has done in implementing the 'Managing Adult Malnutrition in the Community' pathway in the Gloucestershire area. The project is in the Primary Care Innovation category – the entry is entitled 'Managing Adult Malnutrition in GP Practice: A Service Evaluation' and can be found at

<https://www.hsj.co.uk/the-hsj-awards/hsj-awards-2018-finalists-announced/7023236.article>

This project confirmed that malnutrition is often undetected in GP practice and that appropriate management improves nutritional status & reduces healthcare use, with potential cost savings.

Further information on the project can be found at <https://www.bapen.org.uk/images/pdfs/annual-conference/abstracts-booklet.pdf> (OC64 - page 75)

We will be including more detailed information on this work in a future edition of the Pathway.

Malnutrition Pathway Website: Dr Phil Hammond



We have recently added a new video to our website which focuses on the challenges of identifying malnutrition in the community, the cost pressures malnutrition is placing on the NHS and gives some suggestions on what healthcare professionals could be considering to improve identification and management of malnutrition in the community.

Dr Phil Hammond, Doctor, Journalist, Broadcaster, Campaigner and Comedian, has kindly contributed to the video – giving us his thoughts on what more we should be doing to tackle malnutrition in the community.

If you are interested, take a look at the 'What the Experts Say About Malnutrition in the Community' videos at

<https://www.malnutritionpathway.co.uk/videos>

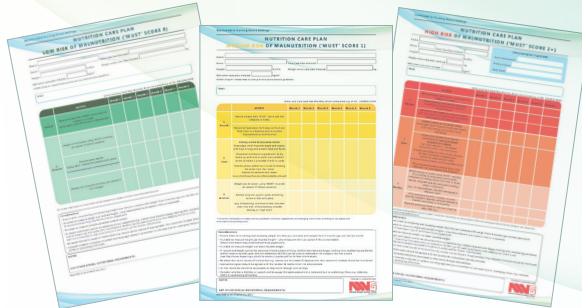
Updated Care Plans

In 2013 'Managing Adult Malnutrition in the Community' joined forces with the National Nurses Nutrition Group (NNNG) to develop three malnutrition care plans for use with patients in residential and care homes who are either at low, medium or high risk of malnutrition.

In light of the recently updated Managing Adult Malnutrition in the Community guide these care plans have been updated to complement this update.

"Nurses continue to play an important role in ensuring these patients are being correctly assessed, treated and monitored for malnutrition" says

Liz Anderson,
Nutrition Nurse
Specialist and Chair
of the NNNG.



"Statistics show that 35% of people recently admitted to care homes are at risk of malnutrition¹. The consequences of this malnutrition and unintentional weight loss in the elderly population can be a progressive decline in health, reduced physical and cognitive functional status, increased utilisation of health care services, premature institutionalisation and increased mortality²". Ensuring that residents are following a nutritional care plan is paramount."

The care plans have been developed for use in residential and care homes but could also be utilised in other community settings. Copies of the updated care plans can be found at www.malnutritionpathway.co.uk/careplans

References

1. Russell C, Elia M on behalf of BAPEN and collaborators. Nutrition Screening Surveys in Care Homes in the UK: A report based on the amalgamated data from the four Nutrition Screening Week surveys undertaken by BAPEN in 2007, 2008, 2010 and 2011. 2015 <http://www.bapen.org.uk/pdfs/nsw/care-homes/care-homes-uk.pdf> (Accessed 27/09/18)
2. Evans C. Malnutrition in the Elderly: A Multifactorial Failure to Thrive *Permanente Journal* 2005; 9(3): 38-41.

MIMS Learning Live

The Managing Adult Malnutrition in the Community team attended the MIMS Learning Live event at the Business Design Centre in Islington on Friday 8 June 2018. The event was attended by over 800 professionals with sessions covering a raft of areas including stroke, diabetes, COPD and cancer management. We received some fabulous feedback on our resources and look forward to the next event on **Friday 30th November** (see details in forthcoming conferences).

National Nurses Nutrition Group (NNNG) Conference

This year's NNNG conference took place in Solihull in June which was attended by over 100 Specialist Nutrition Nurses. The two day conference included symposiums on parenteral nutrition, adult nutrition, paediatric nutrition and home enteral feeding. Anne Holdoway updated delegates on the new Managing Adult Malnutrition in the Community materials as part of an innovation section on the agenda.

Consultant Dietitian, Dr Elizabeth Weekes, spoke to the audience about the systematic review undertaken by a team of dietitians, including herself, that has been used to create the new nutritional requirements section of the BDA's PENG Pocket Guide to Clinical Nutrition, due for publication later this year.

BDA Dietitians Week: 4-8 June 2018

The theme of this year's dietitians week was 'Dietitians Do Prevention', highlighting the work that dietitians do to prevent illness and optimise health.

Each day of the week had a different focus and included:

- Recovery and Mental Health: the role of diet and nutrition in preventing and managing mental ill health and in aiding recovery and preventing relapse
- Rehab and Reablement: the role of dietitians in rehabilitation (such as after an operation or having a stroke) to provide symptom relief, reduce risks of further illness and prevent admissions to hospital
- Public Health and Primary Prevention: how dietitians help the public to stay healthy and help to prevent illness, malnutrition or obesity
- Optimising Health and Secondary Prevention: the role of the dietitian in providing symptom relief, preventing complications and optimising quality of life in those with long-term health conditions, such as diabetes or dementia
- Healthy Conversations and Making Every Contact Count: focusing on the role dietitians have beyond diet and nutrition i.e. discussing issues that impact on health such as exercise, smoking and social factors and signposting people to further help.

More information on this year's awareness week can be found at: www.bda.uk.com/improvinghealth/awareness_raising/dietitians_week

Hot off the press highlights from the ESPEN Congress : 1-4 September 2018 – Madrid

The theme of this year's ESPEN Congress was "Nutrition without borders". Thousands of delegates including physicians, dietitians, pharmacists, nutritionists, scientists and nurses involved in the field of nutrition and metabolism attended the congress, hosted this year in the beautiful city of Madrid.

The scientific programme paid considerable attention to the loss of muscle mass in immobilisation and critical illness, protein supply in the critically ill, nutrition and exercise in the older adult and coping with metabolic changes in patients receiving special treatments.

The educational programme covered best practices to improve the quality standards in nutrition therapy, dysglycaemia in acute patients with nutritional therapy and dysphagia in the hospital setting.

A Special Lecture: New International Criteria of Malnutrition (GLIM Report) was delivered by Professor T Cederholm and Professor G Jensen. This session provided an overview of the global leadership initiative in malnutrition. The eloquent presentations summarised the progress and work undertaken on reaching a global consensus for diagnosing malnutrition in adults in clinical settings and how such a programme might be achieved in practice. The international team brought together to undertake this work identified strong support for a two-step approach to malnutrition diagnosis; step one comprised screening using available standard validated approaches and step two further assessment to diagnose malnutrition and to stage severity. They concluded that a malnutrition diagnosis requires at least one etiological criterion and one phenotypical criterion.

In summary the global consensus incorporates:

1. Use of validated screening tools including 'MUST', 'SGA'
2. Use of several diagnostic assessment criteria both phenotypic - low BMI/reduced muscle mass/ non-volitional weight loss and etiologic - reduced food intake/disease burden/inflammatory conditions
3. Diagnosis based on meeting one phenotypic and one etiologic criterion
4. Severity grading based on phenotypic criteria.
5. Further information on this global leadership initiative on malnutrition (GLIM) can be found at: <https://onlinelibrary.wiley.com/doi/full/10.1002/jpen.1440>

Protein in older age consistently appeared in the ESPEN programme and was the topic of the Sir David Cuthbertson Lecture delivered by US Physician E. Volpi titled 'Protein for Functional Recovery in Older Adults: From the Bench to The Bedside'

The Arvid Wretling lecture 'Nutrition at the Crossroads' was delivered by Professor Tommy Cederholm and emphasised the importance of individualising nutritional therapies according to the clinical condition, taking into account the presence of inflammation, sarcopenia, frailty, disease. Professor Cederholm stressed how dealing with malnutrition in the presence of one or more of these factors make it more

challenging and very different to treating pure starvation. Nicola Bedlington, secretary general for the European Patient's Forum (EPF) provided an excellent overview of the EPF vision that aims to ensure that patients with chronic condition have access to high-quality patient-centred health and related care. Nicola demonstrated the value of the patient's voice which identified nutrition as a 'bare necessity'. Included in EPF's mission is the aim that nutrition should be given due respect and attention for its role both in primary prevention but also as an essential component of disease management as nutrition (including medical nutrition) has the capacity to improve disease management, maintain optimal health and achieve better health outcomes in both long- and short-term conditions.

To exemplify the current deficits in nutritional care Nicola also highlighted the results of the 2017 European Cancer Patient Coalition survey. Of the 907 respondents a staggering 90% did not receive any information about weight loss associated with cancer (cachexia) from their health professionals. Thus, demonstrating the need for active involvement and continued campaigning by us all, on both a local and national and international scale, if we are to improve the nutritional care and patient and carer experience.

Guidelines

Two new ESPEN guidelines were launched:

1. Nutritional requirements in Critical Illness
2. Clinical Nutrition and Hydration in Geriatrics

Plans were announced on several steps underway to improve the format and dissemination of the ESPEN Guidelines including:

- Shortened versions of a range of guidelines (summaries)
- Translation of shortened versions into national languages
- Guideline Apps
- Lay guidelines for patients

MNI Grant

The 2018 MNI Grant (€30,000) was awarded to the Spanish Society for Enteral and Parenteral Nutrition (SENPE) for its project to develop a cost-economic tool that would calculate the economic impact of disease-related malnutrition. Don't forget the UK is privy to such data from the outstanding publication by Professor Marinos Elia on behalf of BAPEN and the NIHR. For further information and data on the cost of malnutrition in the UK and recommendations to tackle this significant problem see

www.bapen.org.uk/pdfs/economic-report-full.pdf

More information on ESPEN can be found at

<http://www.espen.org/>

Forthcoming conferences & events

Pulse Live: 2 October 2018 - Liverpool

As well as exhibiting at the Pulse Live event, being held at the Exhibition Centre, Liverpool, the Managing Adult Malnutrition in the Community team will be running a session focusing entitled 'Malnutrition - the forgotten factor in frailty and multimorbidity?' Anne Holdoway and Dr Anita Nathan, members of the expert panel involved in developing the 'Managing Adult Malnutrition in the Community' materials will be exploring the differentiating features between frailty, malnutrition, cachexia and sarcopenia, discussing how to incorporate malnutrition assessments into GP work when managing multi-morbidities and giving advice on when to start and when to stop ONS prescriptions. For further information on this event visit

<http://www.pulse-live.co.uk/locations/liverpool/programme/>

RCGP 2018 Conference and Exhibition: 4-6 October 2018 - Glasgow

This year's RCGP conference takes place at the SECC exhibition centre in Glasgow and runs from Thursday 4th to Saturday 6th October. Managing Adult Malnutrition in the Community will be running a seminar at the conference on the morning of Friday 5th October. The session will focus on frailty and multi-morbidities. We will also be exhibiting at the event and talking to GPs about the issues surrounding malnutrition in general practice. For further information visit

<http://www.rcgp.org.uk/annualconference>

BAPEN 2018 Annual Conference: 20-21 November 2018 - Harrogate

This year's BAPEN Annual Conference will take place at the Harrogate Convention Centre – Tuesday 20th & Wednesday 21st November 2018.

This year's symposia will cover areas including:

- Gastrophysics and the "shape" of Food
- Information Technology for Nutrition Support
- Home Enteral Tube Feeding
- Mesenteric ischemia
- Palliative Care and PN
- Prehabilitation - Getting fit for surgery
- Nutrition and Liver
- Invasive Access for Enteral Nutrition

Registration for the event is now open and more information can be found at: <https://www.bapen.org.uk/resources-and-education/meetings/annual-conference>

MIMS Learning Live Respiratory and Red Flags conference: Fri 30 November 2018

The Managing Adult Malnutrition in the Community team will be exhibiting at the MIMS Learning Live conference at the Business Design Centre, Islington, London, N1. Topics covered during this one-day educational event will include Performing a Structured Review of COPD and Combination Therapies in COPD. Further information on this event can be found at <http://www.mimslearninglive.com/30-november-2018/>

Nutrition & Hydration Week Focus Days

There are a number of forthcoming focus days being run by Nutrition & Hydration Week including

- Tasty Suppers - 27th November - a reminder for hearty nutrition in the winter months including warm cosy hot milky drinks
- Big Breakfast - 21st January 2019 - a reminder to start the day as the New Year with a hearty breakfast.

The 2019 Nutrition and Hydration week will run from 11-17 March 2019.

Further updates and information on activities can be found at

<https://nutritionandhydrationweek.co.uk/>

Raising awareness of malnutrition

Carers UK Spotlight on Caring and Nutrition

New Carers UK Research shows worrying statistics about nutrition as a key stressor for carers. The research conducted by Carers UK for Carers week shows that concerns about whether the person they care for is eating and drinking the right things is ranked fifth in the list of things that contributed most to their stress and anxiety. Carers UK believes that carers need all the information to hand to help them care safely and well and remove the stressors that contribute to ill-health. Getting the right information, advice and support around nutrition for the person they care for is critical and could make a really positive contribution to their lives.

The research was taken from a sample of nearly 7,000 carers, most of whom were providing substantial amounts of unpaid care to a relative or friend. 72% of carers also said they had suffered mental ill-health and 61% had experienced worse physical health as a result of caring. Just under half were worried that their health would get worse in the future and a similar proportion thought that this would affect their ability to care in the future.

Other higher ranked factors included not getting enough sleep, the high level of hands on care provided, managing financially and form filling.

Carers UK have produced a leaflet focusing on caring and nutrition specifically for carers which can be found at the following link:

<https://www.carersuk.org/for-professionals/policy/policy-library/spotlight-on-nutrition-2018>



HSJ Roundtable: taking care of people with frailty

A recent roundtable hosted by Health Service Journal gives a good overview of the holistic challenges in taking care of people with frailty:

<https://guides.hsj.co.uk/5722.guide>

Subjects covered included:

- Understanding and reducing the impact of frailty
- Preventing Malnutrition to tackle frailty in the elderly
- Dealing with the risk of adverse events

Chaired by Professor Alison While, Emeritus Professor of Community Nursing at King's College, panel experts included Martin Green, Chief Executive of Care England, Dr Eileen Burns, President of the British Geriatrics Society and Louise Nash, Dietitian at Airedale Foundation Trust and member of the Managing Adult Malnutrition in the Community panel.