

THE Pathway

MAKING MALNUTRITION MATTER

January 2024 | malnutritionpathway.co.uk

MALNUTRITION PATHWAY RESOURCES

The Malnutrition Pathway team has recently updated its **Managing Malnutrition in COPD** materials.

MANAGING MALNUTRITION IN COPD: UPDATED RESOURCES

A consensus panel of 13 experts in the field of COPD and malnutrition convened last year to review the existing professional and patient materials considering the latest relevant clinical data and developments in the treatment of patients with COPD.

The expert consensus panel represented members of the multi-disciplinary team involved in the care of patients with COPD and included Specialist Dietitians, Respiratory and Nutrition Nurses and Physiotherapists as well as a Respiratory Specialist Consultant, a Lead PCN Senior Pharmacist and a Respiratory Lead GP. The updated resources can be downloaded for free at www.malnutritionpathway.co.uk/copd. We hope you agree that the update provides a valuable summary of the current evidence and a step-by-step guide to help

members of the healthcare team optimise nutrition in individuals with COPD. As the nutritional needs of people with COPD may vary over time, the 3 patient-friendly leaflets give practical advice according to nutritional status, malnutrition risk & disease status and also now include key lifestyle tips on improving health and well-being when living with COPD. The resources provide an excellent framework to create and underpin teaching and education on the important role of nutrition across the continuum of care in

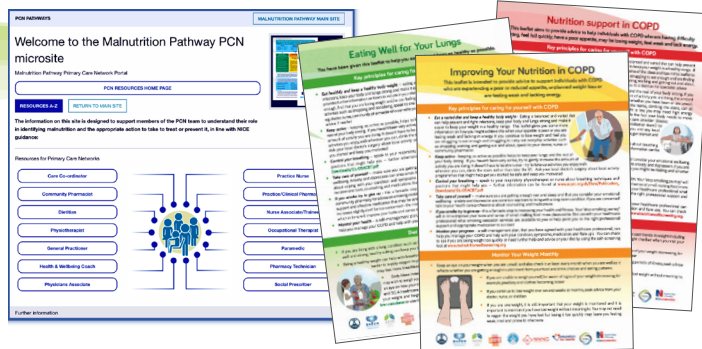
COPD and can be embedded into desktop electronic patient systems such as eMIS and SystmOne.

Insights into some of the updated sections within the Healthcare Professional Document

To reflect the growing emphasis on Assessment as a crucial component in managing, reversing and preventing malnutrition, the

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NOTE FROM THE EDITOR

Happy New Year and welcome to our latest issue of the Pathway newsletter. After a busy few months, it's great to be bringing you up to speed with some of our recent developments in our quest to continue to develop resources to assist healthcare professionals and patients to identify and treat malnutrition.

In June, we launched a new microsite specifically designed to support professionals working in Primary Care Networks (PCNs). Conscious that the role of PCNs is to enable greater provision of proactive, personalised, co-ordinated and more integrated health and social care, we had been liaising with PCN teams to identify the need for specific resources to support them in identifying, treating and preventing malnutrition. Within the PCN's it's been great to witness the growth in PCN Dietitians who are not only providing direct patient care but also playing an important role in guiding other members of the team to deliver first line dietary advice, escalating care to the dietitian when needed.

The new PCN microsite www.malnutritionpathway.co.uk/pcn/pcn_pathways.html has dedicated areas tailored to the needs of specific members of the PCN team to guide them on how they might introduce conversations about nutrition, weight, use subjective indicators of malnutrition and identify any symptoms that might interfere with eating and drinking.

Actions to take, and a guide to onward referral according to the problems identified, are included. More detail on the resources can be found on page 3.

Another significant project completed in recent months, was the updating of our **Managing Malnutrition in COPD** guide and resources (www.malnutritionpathway.co.uk/copd). We were delighted to secure involvement from many experts in the field of COPD representing the range of professions involved in the care of individuals with COPD. The updated materials have just been launched - for a taste into the new content see pages 1 and 2.

We'd like to take this opportunity to thank all the experts who have assisted us in updating the materials and to the Dietetic team at the Great Western Hospitals NHS Foundation Trust who carried out research with individuals affected by COPD to help ensure the patient / carer materials met their needs.

With a diverse UK population and with the materials being used around the globe, we are conscious of the need for translation into other languages, if this is something you feel you could assist us with then please do get in touch. More news follows within. I hope you enjoy the newsletter, and we look forward to updating you on future developments in 2024.



Dr Anne Holdoway DHealth BSc RD FBDA

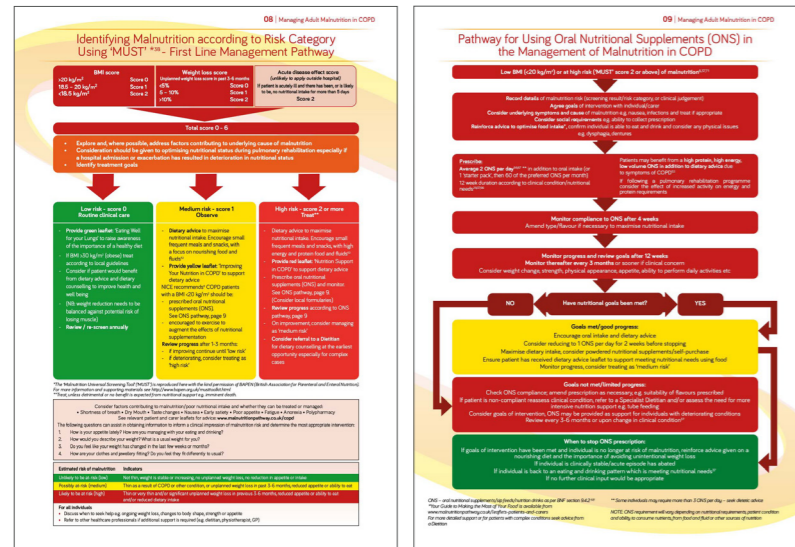
Registered Dietitian and Chair of the 'Managing Adult Malnutrition in the Community' panel

January 2024

MANAGING MALNUTRITION IN COPD: UPDATED RESOURCES

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document now includes a section to guide health and care professionals on how they might unpick the underlying causes of malnutrition that subsequently shape and determine the delivery of holistic nutritional care. The new section was considered a key addition by the expert consensus panel to mirror the globally accepted nutrition care process and the global leadership initiative on managing malnutrition (GLIM). In addition to the detailed section on assessment, a box has been added to the Management Pathway flow chart to alert healthcare professionals to the importance of identifying and addressing the underlying factors contributing to malnutrition and break the repeated cycles of malnutrition that individuals with COPD exacerbations are prone to.



4 steps to managing malnutrition including unintentional weight loss in people with COPD

The process of managing malnutrition in people with COPD can be broken down into four key steps:

- 1 Identification of malnutrition: nutrition screening
- 2 Assessment: identifying the underlying cause of the malnutrition
- 3 Management: identifying treatment goals and optimising nutritional intake
- 4 Monitoring the intervention

The 4 steps to identifying malnutrition that proved popular in the general Managing Malnutrition in the Community materials have been incorporated into the COPD update. Numbered throughout the document they help users navigate a summary of top tips for practice has also been created as panel members felt this would be helpful to reinforce key elements of the guidance. Several sections in the healthcare professional guidance document have been expanded in light of increasing evidence. There is increased emphasis placed on the role of nutrition in pulmonary rehabilitation and the value of optimised nutritional status for optimal outcomes. Special mention is given to the need to encourage regular amounts of

Summary – top tips for practice

1. All patients with COPD should be regularly screened for malnutrition using a validated screening tool. Where possible regular self-screening should be encouraged.
2. In those who are malnourished or at risk of malnutrition, it is crucial to carry out a further assessment to identify underlying factors contributing to the malnutrition that can be addressed or need to be taken into consideration e.g. the disease itself, medications, psychological, social and environmental factors, physical ability to source and prepare food and changes in appetite.
3. Identifying treatment goals to determine the effectiveness of intervention according to disease status is also important. Consider the role of nutritional intervention alongside a pulmonary rehabilitation programme. Give appropriate nutritional intervention advice including a protein rich diet and oral nutritional supplementation – the latter when it is anticipated or proven that diet alone is insufficient to meet requirements.
4. Incorporate frequent assessments to monitor the effectiveness of the intervention and trigger adjustments or onward referral to specialist services e.g. registered dietitians, a nutrition support team.

high-quality protein to synthesise muscle and preserve or improve muscle mass and function.

Patient Information Leaflets

Earlier in the year the Dietetic Team at Great Western Hospitals NHS Foundation Trust undertook research with individuals affected by COPD and their carers, to assess the acceptability of patient-focused materials and whether any further information or reformatting was required. End-users felt the text was easy to understand but suggested some visuals to enhance readability and break up the text would be helpful. The traffic light system used to colour code the leaflet options was found to be helpful as it facilitated finding the right leaflet and locating it among other documents.

The three colour-coded patient information leaflets have been updated in response to the feedback. At the request of all the panel experts, each leaflet includes a new section on the general key principles in 'Caring for yourself with COPD' to reinforce other important elements of care e.g. smoking cessation, activity, helping to make every contact count. Welsh translations of the leaflets will be available shortly.

Future Updates

The Malnutrition Pathway team is keen to develop further initiatives suggested by the expert panel including translation of patient materials into other languages and the development of a patient leaflet specifically for use by Physiotherapists who are key players in pulmonary rehabilitation in acute and primary care settings.

We are looking at avenues for funding such initiatives and we would also welcome any assistance from our readers and your contacts. If you think you can help e.g. in translating the materials, please email us at malnutritionpathway@franklincoms.co.uk

PRIMARY CARE NETWORKS MALNUTRITION MICROSITE

The Malnutrition Pathway has launched a new microsite: www.malnutritionpathway.co.uk/pcn/pcn_pathways.html which includes sections aimed to support various members of the PCN team. It provides guidance on the identification and management of malnutrition along with advice on when to refer on to other appropriate healthcare professions. Our thanks to all of those professionals who assisted us in reviewing the copy for the new microsite.

Click on the relevant job title to go to the specific information for that professional group

Resources for Primary Care Networks

- Care Co-ordinator
- Community Pharmacist
- Dietitian
- Physiotherapist
- General Practitioner
- Health & Wellbeing Coach
- Physicians Associate
- Practice Nurse
- Practice/Clinical Pharmacist
- Nurse Associate/Trainee
- Occupational Therapist
- Paramedic
- Pharmacy Technician
- Social Prescriber

Further information

[GO TO GUIDE](#)

- The bespoke sections include information aimed at:
- Dietitians: www.malnutritionpathway.co.uk/pcn/dietitian.html To assist Dietitians in training other members of the PCN team in the identification and management of malnutrition
 - GPs: www.malnutritionpathway.co.uk/pcn/general_practitioner.html and Practice Nurses: www.malnutritionpathway.co.uk/pcn/practice_nurse.html Includes advice on screening, treatment, prevention, management and monitoring
 - Physician Associates: www.malnutritionpathway.co.uk/pcn/physician_associate.html, Nurse Associates and Trainees: www.malnutritionpathway.co.uk/pcn/nurse_associate.html and Paramedics: www.malnutritionpathway.co.uk/pcn/paramedic.html with advice on identifying those at risk of malnutrition, carrying out screening and assessment, giving nutritional advice, and referring on to an appropriate healthcare professional for more detailed assessment
 - Practice/Clinical Pharmacists: www.malnutritionpathway.co.uk/pcn/practice_pharmacist.html, Community Pharmacists: www.malnutritionpathway.co.uk/pcn/community_pharmacist.html and Pharmacy Technicians: www.malnutritionpathway.co.uk/pcn/pharmacy_techician.html with advice on incorporating screening, management and monitoring of ONS prescriptions for example into structured medication reviews
 - Physiotherapists: www.malnutritionpathway.co.uk/pcn/physiotherapist.html and Occupational Therapists: www.malnutritionpathway.co.uk/pcn/occupational_therapist.html with advice on identifying malnutrition in high-risk patient groups, including the frail elderly and those with long-term conditions who they may be supporting, where a dual approach to nutrition and physical rehabilitation is crucial to optimise function

- Care Co-ordinators: www.malnutritionpathway.co.uk/pcn/care_coordinator.html, Health and Wellbeing Coaches: www.malnutritionpathway.co.uk/pcn/health_wellbeing_coach.html and Social Prescribers: www.malnutritionpathway.co.uk/pcn/social_prescriber.html, including links to key resources that may be of use to individuals who express or are found to have difficulty with eating and drinking

A number of new factsheets are also available on the new PCN microsite which are linked to the specific pages, including:

- Advice on initiating conversations about weight loss and diet: www.malnutritionpathway.co.uk/pcn/pcn_library/weight_diet_conversations.pdf
- Subjective indicators of malnutrition risk: www.malnutritionpathway.co.uk/pcn/pcn_library/subjective_indicators.pdf
- Symptoms and problems that may be affecting a person's ability to eat and drink: www.malnutritionpathway.co.uk/pcn/pcn_library/symptoms.pdf
- Considerations when prescribing oral nutritional supplements for those at high risk of malnutrition: www.malnutritionpathway.co.uk/pcn/pcn_library/ons_prescriptions.pdf

PRIMARY CARE PHARMACISTS ASSOCIATION WEBINAR

In October 2023 Dr Anne Holdoway joined Dr Graham Stretch, PCPA President, Chief Pharmacist and Partner at Argyle Healthcare, to discuss 'Optimising Nutrition in the Management of Long-Term Conditions' as part of the Primary Care Pharmacists Association (PCPA) webinar series.

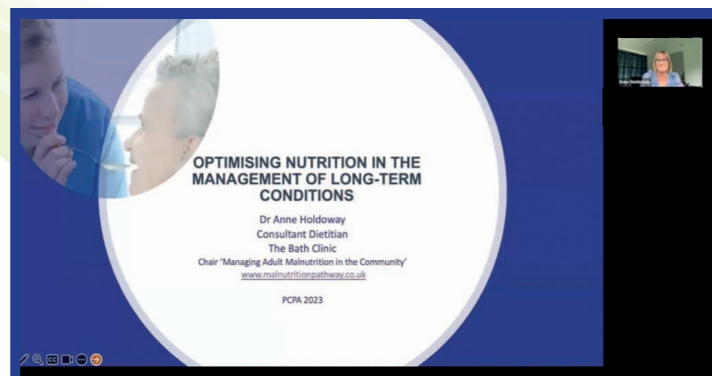
The session focused on Top Tips for Pharmacists to assist them in:

- developing skills to initiate nutrition conversations and integrate nutrition screening into pharmacy reviews to help identify undernutrition/malnutrition and seize opportunities to reinforce dietetic tips
- appreciating how nutritional status, body mass, muscle mass and diet can influence outcomes and metabolism of drugs prescribed to treat long term conditions
- understanding what matters to patients and communicate the merit of dietary adjustments and nutrition support as part of a holistic approach to managing long-term conditions

A copy of the webinar can be viewed at pcpa.org.uk/spotlight.html

Our thanks to Nutricia who sponsored the session with an unrestricted educational grant.

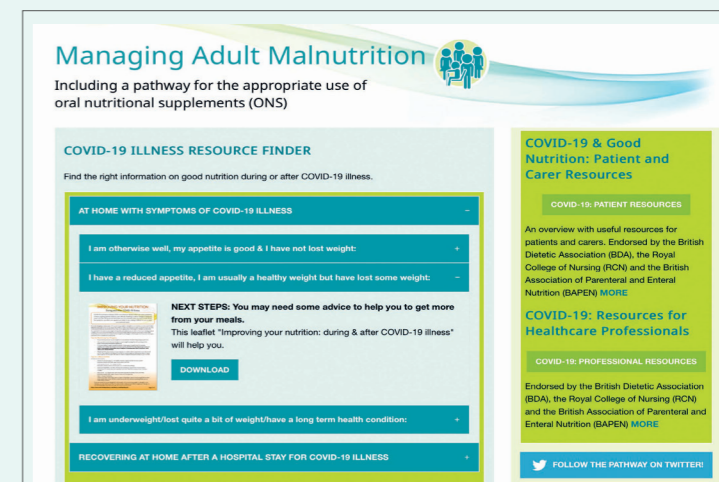
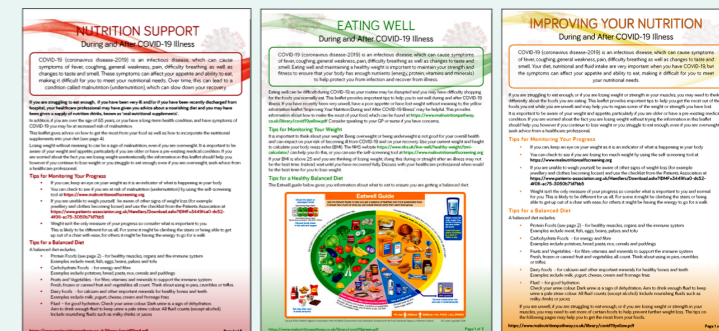
The session was followed by an unsponsored discussion session where Anne and Graham explored several case studies to illustrate clinical decision-making regarding treatment and next steps.



The Malnutrition Pathway COVID-19 materials were launched in 2020 during the height of the pandemic with the aim to support community healthcare professionals in the management of patients who have COVID-19, are recovering from a recent infection or are suffering from Long COVID.

As the winter months progress, there has been an uptick in the number of cases of COVID-19. Whilst hospital admissions and severe infections are considerably reduced compared to previous waves, older people and those with pre-existing co-morbidities continue to be vulnerable to more severe infections which can impact on dietary intake and nutritional status. Through our monitoring of website activity, we are conscious that the Malnutrition Pathway COVID-19 resources continue to be widely used across the NHS with thousands of COVID-19 patient leaflets downloaded from our website and more than 650 copies of the COVID-19 healthcare professional and care home resources downloaded and saved for regular use in 2023.

The Malnutrition Pathway team has recently reviewed the resources to ensure they are up to date, and we will continue to make them available to help members of the healthcare team especially nurses, dietetic assistants, to tailor the nutritional approach according to individual needs. The information and resources are available and can be downloaded at www.malnutritionpathway.co.uk/covid-19



MALNUTRITION AWARENESS WEEK 6 - 12 NOVEMBER 2023 #UKMAW2023
RAISING AWARENESS OF THE ROLE OF DIETITIANS IN TREATING DISEASE-RELATED MALNUTRITION

Malnutrition Awareness Week is now established as an annual event in the calendar. Run jointly by the Malnutrition Taskforce and the British Association of Parenteral and Enteral Nutrition (BAPEN) the week aims to raise awareness and tackle preventable malnutrition and dehydration with a focus on older people.

The 2023 week focused on how to start conversations with older people using 'Ask, Look, Listen'.

Several activities took place including an online event where shared learnings were presented.

BAPEN's Malnutrition Action Group (MAG) also ran its Annual National Screening Survey. Last year's survey, undertaken during Malnutrition Awareness Week in October included 1,543 adults. Patients had a range of primary diagnoses, including neurological diseases (20%), gastrointestinal conditions (16%), frailty (12%), cancer (9%) and a variety of other conditions (respiratory (including COVID-19), falls and fractures, cardiovascular). Around one quarter of patients were found to be underweight (BMI < 20kg/m²), 17%



were obese (BMI > 30kg/m²) and 26% had unplanned weight loss. Overall, 45% of adults were found to be at risk of malnutrition (12% medium and 33% high risk) using the 'Malnutrition Universal Screening Tool' ('MUST'). Prevalence was highest in individuals with cancer (62%), gastrointestinal conditions (50%), respiratory conditions (48%), frailty (45%) and neurological diseases (43%). Malnutrition was found to be common in community settings, including those in their own homes (56% at risk) and

in residents in care homes (55% at risk). Further information can be found at www.bapen.org.uk/pdfs/reports/mag/national-survey-of-malnutrition-and-nutritional-care-2022.pdf

The results demonstrate the need to remain vigilant in tackling malnutrition.

More information on Malnutrition Awareness Week can be found at www.malnutritiontaskforce.org.uk/uk-malnutrition-awareness-week-2023

IN THE MEDIA

Raising awareness of malnutrition, its identification, assessment and management, is an important part of the work we do. We are always interested in working with professionals in the malnutrition arena to develop articles for publication that help educate other healthcare professionals on the importance of integrating nutrition into pathways of care, particularly for those with long-term conditions who are at an increased risk of malnutrition.

Some of the articles that panel members have created during 2023 are summarised below:

Cancer and nutrition related articles

- A CPD article was developed in conjunction with the RCN Journal Cancer Nursing Practice. This focused on 'supporting people to manage nutrition throughout their cancer journey' and appeared online in January and in print in May 2023. Created by Dr Anne Holdoway, Consultant Dietitian and Chair of the Malnutrition Pathway in conjunction with Mhairi Donald, Consultant Dietitian in Oncology and Ali Hodge, Advanced Clinical Practitioner, University Hospitals Sussex NHS Foundation Trust, the abstract is accessible to all. The full article for subscribers to the journal can be found at <https://journals.rcni.com/cancer-nursing-practice/cpd/supporting-people-to-manage-nutrition-throughout-their-cancer-journey-cnp.2023.e1830/abs>
- In March, an article on 'The value of nutrition in improving outcomes in young people with cancer' appeared in the British Journal of Healthcare Management written by Dr Anne Holdoway, Mhairi Donald and young adult nurse specialist Sam Bartlett. Access to the article for subscribers can be found here: www.magonlinelibrary.com/doi/full/10.12968/bjhc.2022.0125

Articles may be accessible for healthcare professionals with access to an Athens account or through Trust or University libraries.



General malnutrition related articles

- Sam Cudby, Practice Pharmacist and Dr Anne Holdoway, wrote a two-part feature for Pharmacy Magazine which appeared in April and June 2023 issues. This focused on the identification and management of malnutrition and appropriate ONS prescribing for Community Pharmacists. An online copy of the article can be found at www.pharmacymagazine.co.uk/clinical/malnutrition-how-to-identify-those-at-risk
- Dr Anne Holdoway also wrote a chapter on oral nutrition support which appeared in the July 2023 Nutrition Supplement of the on-line resource Medicine. Primarily aimed at doctors, the resources are also used by other healthcare professionals. The chapter on oral nutrition support covers the management of malnutrition via the oral route, differentiating between disease-related malnutrition (DRM) and non-DRM, managing factors interfering with eating and drinking such as nutrition-impact symptoms, dietary advice to optimise nutrient intake, and the appropriate use of oral nutritional supplements. An abstract and access for subscribers can be found here: [www.medicinejournal.co.uk/article/S13573039\(23\)00097-X/fulltext](http://www.medicinejournal.co.uk/article/S13573039(23)00097-X/fulltext)

We are in the process of developing a number of other features with healthcare professional journals and will update Pathway readers on our progress in future issues.

CONFERENCES AND EVENTS

BAPEN CONFERENCE – EDINBURGH – 28-29 NOVEMBER 2023

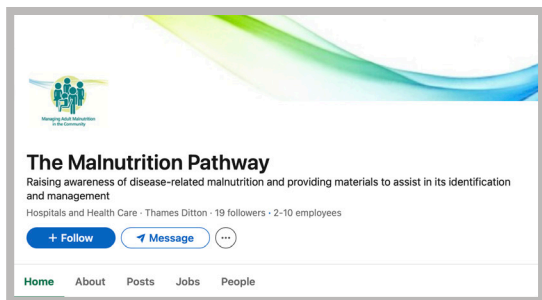
The 2023 BAPEN conference took place in Edinburgh. Highlights from the conference will be shared in our next Newsletter from the sessions on:

- Jejunal feeding
- ICU, the EFFORT trial and recognising the switch to anabolism
- The Microbiome and gut health
- Beyond nutritional screening including the adoption of GLIM worldwide
- Management of high output stomas
- Non-medical prescribing in nutrition support
- Dysphagia and eating and drinking with acknowledged risks
- Blended diets
- Update from the 4 nations
- Managing metabolic problems in intestinal failure
- Keynote lecture on managing bariatric surgery catastrophes.



Our very own Chair of the Malnutrition Pathway, Dr Anne Holdaway, was invited to give the prestigious Pennington lecture. The focus of Anne's presentation was on the role of culture, champions and collaboration to achieve lasting change in optimising nutritional care.

All sessions were recorded and will be available for BAPEN members and delegates who attended the conference in the first quarter of 2024.



FOLLOW THE MALNUTRITION PATHWAY!

The Malnutrition Pathway has recently launched a LinkedIn page – follow us for more information on our activities <https://www.linkedin.com/company/the-malnutrition-pathway>

You can also follow us on Twitter: @MNpathway

www.malnutritionpathway.co.uk

Visit our website for further news updates and malnutrition resources for healthcare professionals, patients and carers.

GET IN TOUCH

If you would like to contribute to a future issue of The Pathway, please email malnutritionpathway@franklincoms.co.uk

