

# THE Pathway

MAKING MALNUTRITION MATTER

Winter 2022/23 | [malnutritionpathway.co.uk](http://malnutritionpathway.co.uk)

## MALNUTRITION PATHWAY RESOURCES

The Malnutrition Pathway has launched a number of new resources over the past six months including:

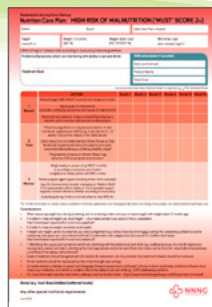
### MALNUTRITION SLIDE PRESENTATIONS

The malnutrition slide presentations are a series of slide-sets which are free to download and use. These presentations have been developed to both assist professionals in educating health and care professionals on the impact of malnutrition and demonstrate the benefit in investing in resourcing and dedicating time, to enable the timely identification and treatment of malnutrition which can subsequently reduce health and social care costs.

There are currently two main presentations available on the website in both pdf and PowerPoint formats. Slides can be selected from each presentation to enable professionals to tailor-make a bespoke presentation to suit local circumstances. The slide sets comprise the following:

- 'A Guide to Managing Adult Malnutrition in the Community'- this presentation can be downloaded as one complete presentation or separated into four distinct sections:
  - Section 1 gives an overview of the Managing Adult Malnutrition in the Community guidelines including information on panel members and the professional and patient associations who have endorsed the materials
  - Section 2 includes referenced background information on the clinical and financial consequences of malnutrition
  - Section 3 gives a summary of the Managing Adult Malnutrition in the Community guide including information on identifying and managing malnutrition according to degree of risk including dietary advice and appropriate prescription of oral nutritional supplements
  - Section 4 details information on key national guidelines which focus on the identification and treatment of malnutrition
- 'Counting the Cost of Malnutrition and its Management' – this presentation focuses on the huge financial burden (>£23 billion per year) that malnutrition places on health and social care in the UK (with a breakdown for England, Ireland, Scotland and Wales). It explores how we might reduce these costs and achieve the ambitions of the NICE clinical guideline CG32, through identification and timely management of malnutrition.

[Article continues on page two >](#)



### NOTE FROM THE EDITOR

2022 has been a very busy year for the Malnutrition Pathway team. After creating the cancer resource materials and marking our ten-year anniversary, both of which we highlighted in our summer 2022 newsletter, we have been working on a range of activities to encourage the incorporation of nutrition into pathways of care to ensure that malnutrition can be identified, and nutritional care provided in a timely manner.

In addition to updating the popular nutritional care plans, we were also asked to produce some of the core materials in the Welsh language which we have now done. Our slide presentations have also been updated and we would encourage you to use these slide sets to spread the message about the need for good nutrition where the opportunity presents itself. You can read more about these updates in the pages of this newsletter.

It has been a considerable compliment to have received numerous requests from journals to develop articles to help further educate professionals on identifying, assessing and managing malnutrition in a range of therapeutic areas. Considerable effort has gone into producing several peer-reviewed articles in professional journals which we hope will continue to raise awareness of the importance of incorporating nutrition into pathways of care but also promote the key role of dietitians in supporting those with complex nutritional needs and at high risk of malnutrition.

Malnutrition Awareness Week this year further provided the opportunity to highlight the role of Dietitians. We were kindly offered the opportunity by Word on Health to media-train Dietitians from across the UK. A big thank you to 'Word on Health' and all the 14 Dietitians involved who dedicated personal time to be involved in this initiative to help inform the public about what Dietitians do, what malnutrition is and how those affected, along with family members or carers, can take action or access help when concerned about unintentional weight loss.

As the Malnutrition Pathway materials are now being adopted across the globe it was hugely rewarding for the Malnutrition Pathway team to have a poster summarising 10-years of activity accepted at the ESPEN Congress 2022. This provided the opportunity to have conversations with professionals from across Europe about the work to date to raise awareness of disease related malnutrition. Following on from the collaborative work undertaken during the COVID-19 pandemic, I have had the privilege of collaborating with highly esteemed international colleagues to address the challenges in the provision of integrating nutrition into standard care and build on the work to date. We are looking forward to further collaborative activity across the globe in 2023 and would encourage any of you reading this newsletter to reach out to us to share your stories and successes that might help others.

Wishing you all a very Happy New Year.



**Dr Anne Holdoway DHealth BSc RD FBDA**  
Registered Dietitian and Chair of the  
'Managing Adult Malnutrition in the Community' panel

# MALNUTRITION SLIDE PRESENTATIONS

Article continued from page one

As a reflection of their popularity, the slide presentations have collectively been downloaded from our site nearly 2,000 times during 2022.

Slides can be downloaded for free at [malnutritionpathway.co.uk/slides](http://malnutritionpathway.co.uk/slides)

# WELSH LANGUAGE RESOURCES



The Malnutrition Pathway team has been working with Swansea Bay University Health Board to translate the 'Eating Well' (low risk) and 'Your Guide to Making the Most of Your Food' (medium risk) patient and carer information sheets into Welsh for use with their patient population. Copies of the translated materials are available free to download at [malnutritionpathway.co.uk/leaflets-patients-and-carers](http://malnutritionpathway.co.uk/leaflets-patients-and-carers)

# 44TH ANNUAL CONGRESS ON CLINICAL NUTRITION AND METABOLISM

To celebrate our tenth anniversary year, we submitted a poster to this year's European Society for Clinical Nutrition and Metabolism (ESPEN) conference in Vienna in September this year. The poster focused on the work we have been doing over the past ten years to raise awareness of disease-related malnutrition and was presented by Dr Anne Holdaway at the ESPEN conference in Vienna in September this year.

This was an excellent opportunity for us to discuss the work we have been doing with professionals from countries across Europe. Our recent website statistics show that our resources are accessed in over 150 countries across the world in addition to being widely adopted across the UK.

# 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 to 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.

This year we have been fortunate to work with several key journals and experts in the field and successfully published articles in a variety of professional journals including the British Journal of Nursing, Practice Nursing, Journal of Community Nursing, Geriatric Medicine Journal, General Practice Nursing and Complete Nutrition. We have recently worked with Mhairi Donald, Consultant Dietitian Oncology, and Ali Hodge, Advanced Clinical Practitioner, University Hospitals Sussex NHS Foundation Trust to develop a CPD article with the RCN Journal: Cancer Nursing in Practice. This CPD aims to assist nurses in recognising the nutrition impact symptoms that people with cancer may experience and to consider the interventions they could implement in practice to manage nutrition-related issues and improve the quality of life of individuals with cancer.

<http://bit.ly/3WBL1MY>

# UPDATE ON MANAGING MALNUTRITION IN COPD

Our COPD expert panel is currently working on updating the 'Managing Malnutrition in COPD' materials. We are extremely fortunate to have a range of national and international experts volunteer their time to help with the update. With representation comprising a broad range of members of the multi-disciplinary team involved in the treatment of individuals with COPD, we are also hugely grateful to the lay people who have volunteered to provide feedback on our patient materials. Look out for the updated materials which we hope will be available in mid-2023.

# NUTRITIONAL CARE PLANS

It is estimated that 35% of people recently admitted to care homes are at risk of malnutrition<sup>1</sup>. NICE recommends that all patients who are malnourished or at risk of malnutrition should have a management care plan that aims to meet their nutritional requirements<sup>2</sup>.

In 2013, the Malnutrition Pathway joined forces with the National Nurses Nutrition Group (NNNG) to develop three malnutrition care plans for use with patients in residential and care home settings who are either at low, medium or high risk of malnutrition according to the 'Malnutrition Universal Screening Tool' ('MUST'). The care plans were designed to complement the 'Managing Adult Malnutrition in the Community' guide and pathway and aimed to assist nurses and care home staff in their day-to-day care and management of patients at risk of malnutrition. In conjunction with members of the NNNG, the care plans have recently been updated to ensure that they continue to reflect the 'Managing Adult Malnutrition in the Community' guide and current best practice.

"Malnutrition and unintentional weight loss in the elderly population and in those with long-term conditions can lead to reduced physical and cognitive functional status. Left untreated, those affected with malnutrition place additional demands on health and care services, experience a poorer quality of life and risk a premature death" says Georgie Adams, Lead Clinical Nurse Specialist, Nutrition Support & Intestinal Failure and NNNG Vice Chair. "The use of nutritional care plans helps to ensure that the individual's nutritional status is recorded, issues interfering with the ability to eat and drink are treated,

and progress is monitored. Whilst the care plans have been developed for use in residential and care homes, they could also be utilised in other community settings". The care plans are a very popular resource on our site with over 2,500 copies downloaded in 2022.

Copies of the updated care plans can be found at [malnutritionpathway.co.uk/careplans](http://malnutritionpathway.co.uk/careplans)

## Joining the National Nurses Nutrition Group (NNNG)

Membership of the NNNG is open to any nurse with a professional interest in nutrition. Members benefit from access to the web-based members' discussion board to discuss clinical problems, professional issues, and share experience and information to assist in providing high quality care for patients. In addition, you will have access to all NNNG good practice guidelines and receive a regular members only newsletter relating to current issues in nutritional care.

More at [nnng.org.uk/join-us](http://nnng.org.uk/join-us)

Join the Facebook group

<https://bit.ly/3XSCB4L>

Follow on Twitter @NNNGUK or LinkedIn



## References

- 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. <https://www.bapen.org.uk/pdfs/nsw/care-homes/care-homes-uk.pdf>
- National Institute for of Health and Care Clinical Excellence (NICE). Nutrition support in adults. Quality Standard 24. 2012

**MALNUTRITION AWARENESS WEEK**

**RAISING AWARENESS OF THE ROLE OF DIETITIANS IN TREATING DISEASE-RELATED MALNUTRITION**

As part of our Malnutrition Awareness Week activities (10-16 October 2022) the Malnutrition Pathway worked with 14 Dietitians from across the UK, to raise awareness of disease-related malnutrition and the important role that Dietitians play in identifying and treating it.

Dietitians from across England, Wales and Scotland were provided the opportunity to train and work with Word on Health ([www.wordonhealth.com/](http://www.wordonhealth.com/)) to develop interviews which focussed on the role that Dietitians play in the community.

Training consisted of a combination of online videos, group training sessions and one to one sessions. Research amongst the Dietitians involved found that 100% felt more confident about being interviewed by the media following the training. In addition to preparing attendees for media interviews, those involved in the training felt that it would also come in useful in the future in helping them in delivering presentations and effectively chairing meetings.



Key learnings for attendees were the importance of preparation, how to be succinct in answers to questions and preparing key messages prior to the interview.

You can listen to some of the Dietitians who were interviewed on the 'Word on Health' podcast at [bit.ly/3FGRL2](https://bit.ly/3FGRL2)

Here is some of the feedback from the dietitians who participated:

**“This was a fantastic learning experience, and I was very grateful for the opportunity to take part in the training”**  
Gordon McAndrew, Gastroenterology Dietitian, Lanarkshire

**“It was great to be involved in the training and it sparked the need for raising awareness in our PCN and wider trust here in Dudley.”**  
Victoria Dagnan, PCN Dietitian, Dudley

**“I found the training really useful and got lots of useful constructive feedback and support”**  
Lucy Marland, Highly Specialised Care Home Lead Dietitian, Cwm Taf Morgannwg University Health Board

**“Definitely an amazing experience and it has taught me a lot that I can practice on”**  
Neil McCreanor, PCN Dietitian, Hackney

**NEW BAPEN FIVE YEAR STRATEGY**

**SAFE, TIMELY & APPROPRIATE NUTRITIONAL CARE IN EVERY CARE SETTING**

The British Association for Parenteral and Enteral Nutrition (BAPEN) has launched its new five-year strategy which aims to ensure every day individuals receive safe, timely and appropriate nutritional care in every care setting.

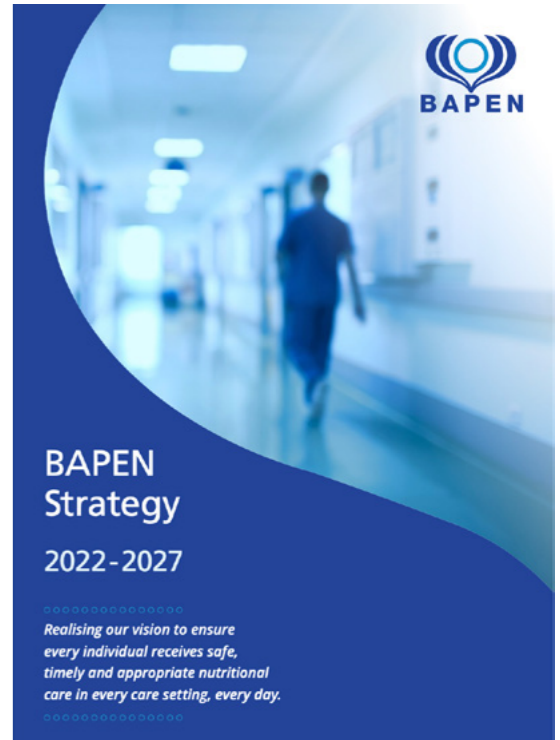
As we adapt to a new clinical environment following the pandemic, the new strategy for 2022-2027 sets out ambitious plans for growth in membership, reach, impact, knowledge, and longevity for BAPEN. The strategic plan aims to inform practice, ways of operating, the values which define the organisation's culture, and its future direction.

It focuses on three key strategic priorities:

- knowledge – to facilitate improvements in knowledge and understanding of nutritional care with a focus on creating resources that encourage adoption and implementation and that ultimately optimise nutritional care
- reach – to maximise levels of external engagement by facilitating interaction and collaboration and ultimately bring about genuine change in perceptions and knowledge of malnutrition and nutritional care
- sustainability - to maintain BAPEN as a sustainable, charitable organisation through sound financial planning, succession planning, people development and its pledge to protect our environment

The Malnutrition Pathway will continue to support BAPEN's strategic priorities by engaging with professionals and patients to raise awareness of disease-related malnutrition in the community and by working with them to produce evidence-based guidelines, fact sheets and patient information.

The full five-year strategy can be downloaded at [bapen.org.uk/pdfs/bapen-strategy-2022-2027.pdf](https://bapen.org.uk/pdfs/bapen-strategy-2022-2027.pdf)



**PCPA CARE HOMES PODCAST**

Earlier this year Dr Graham Stretch, PCPA President interviewed Adeline Suek Teng Low, PCN Clinical Care Home Pharmacist and Charlene Giovannelli-Nicolson, PCN Dietitian, from OneNorwich Practices.

The podcast discussion was around nutritional issues experienced by residents in care homes with long term conditions. It focused on:

- how nutritional care can aid recovery from infections and improve patient outcomes and quality of life
- how practice pharmacists can integrate nutrition conversations into their assessments
- how the initiation of good joint working between practice pharmacists, dietitians and other members of the care home team can impact on patient centred outcomes

You can listen to the podcast at [bit.ly/3PI9y0c](https://bit.ly/3PI9y0c)

# CONFERENCES AND EVENTS

## NNNG WEBINARS

In July 2022, the National Nurses Nutrition Group hosted a CPD-accredited week-long conference, specifically designed for nutrition nurses. Five evening sessions focused on:



- Malnutrition, Assessment and Planning
  - Complexities & Dilemmas
  - Clinical Workshops
  - Long Term Management
  - Enteral Nutrition & the Patient's Perspective
- Sessions were run by specialists from across nursing and dietetic fields and included experts from patient groups.

Malnutrition Pathway Chair, Dr Anne Holdoway, presented two 30-minute webinar sessions:

- Achieving individualised nutritional care: from screening to treatment
- Nutrition in long term conditions using COPD as an example

All sessions are available free to view on the NNNG 2022 conference website: [www.nnngconference.co.uk](http://www.nnngconference.co.uk)

## BAPEN CONFERENCE, BRIGHTON, 29 - 30 NOVEMBER 2022



This year's BAPEN conference was held in Brighton - fantastic to have face to face conversations after 3 years of online sessions!

The conference celebrated BAPEN's 30-year anniversary and included speakers from across the globe. Its focus was on the provision of quality nutritional care, and it brought together professionals involved in and committed to improving nutritional policy, care and treatment in community, care and hospital settings. Sessions began with the launch of the new BAPEN 5-year strategy, a look back at the launch of BAPEN's 'Malnutrition Universal Screening Tool' ('MUST') and

its subsequent achievements, as well as an update on the educational work BAPEN had carried out during 2022. Subsequent symposia sessions from experts included:

- A NICE look at MEED: Refeeding in eating disorders and complex gastrointestinal dysmotilities
- Optimising ICU recovery through Nutrition Support
- Distal Enteral Feeding
- IBD and Nutrition in Adults
- Optimising Nutrition in Young People with Neurodisability
- The Evolving World of Parenteral Nutrition

Over 600 professionals attended the two-day conference. The Malnutrition Pathway team had an exhibition stand at the event and the array of resources on offer went down very well with delegates.

A flip book of posters presented at the conference is available to view online at [online.fliphtml5.com/grzgt/nkkd/#p=1](http://online.fliphtml5.com/grzgt/nkkd/#p=1)



## MALNUTRITION TASKFORCE ONLINE CONFERENCE

As part of this year's Malnutrition Awareness Week, the Malnutrition Pathway was delighted to be invited to present at the virtual 'Sharing of Practice' learning day hosted by the Malnutrition Taskforce.

A number of experts presented at the conference including Dr Anne Holdoway, on behalf of the Malnutrition Pathway, who focused on resources available to assist the multidisciplinary team to embed nutrition into care pathways.

The presentation aimed to:

- help individuals at risk of malnutrition self-care and improve their nutrition when dietary intake and appetite is hindered by medical conditions or during and after illness
- ensure healthcare professionals understand how timely action to address nutritional risk can positively affect patient function, quality of life and reduce health and social care costs

## RCNi WEBINAR - A NURSE'S GUIDE TO INDIVIDUALISED NUTRITIONAL CARE IN PRACTICE

During Malnutrition Awareness Week the RCNi, the publishing arm of the Royal College of Nursing, ran a webinar session for nurses focusing on integrating individualised nutritional care into practice.

Dr Anne Holdoway, Chair of the Malnutrition Pathway team and BAPEN Education Officer, joined a number of expert dietitians and nurses as part of a practical and interactive webinar which focused on the Malnutrition Pathway, from screening and assessment to management and the referral process.

Anne's session focused on identifying conditions that can benefit from dietetic interventions and how to best monitor patient progress.

This webinar took place on Thursday 13th October 2022 with over 300 professionals joining the live interactive session. The session is available free to download on the RCNi website:

[rcni.com/cpd-webinar-a-nurses-guide-to-individualised-nutritional-care-practice](http://rcni.com/cpd-webinar-a-nurses-guide-to-individualised-nutritional-care-practice)

