

# The Pathway

## Making Malnutrition Matter

[malnutritionpathway.co.uk](http://malnutritionpathway.co.uk)

Spring 2019

### Implementation of the Malnutrition Pathway in General Practice shows reduction in healthcare usage and cost savings

A pragmatic project undertaken by a Dietitian in Gloucestershire has shown that implementing the 'Managing Adult Malnutrition in the Community' pathway and resources in older people in primary care, led to significant improvements in nutritional status, reductions in malnutrition risk and reductions in healthcare use with an overall cost saving in a six-month period after the costs of the Dietitian and nutrition support products were accounted for.

Implementing the pathway and managing malnutrition according to risk (low risk; monitor, medium risk; dietary advice, high risk; dietary advice plus ready-made, low volume, high protein, oral nutritional supplements) led to a 49% reduction in hospital admissions, 48% reduction in length of stay, a 30% reduction in prescriptions, and a 21% reduction in GP visits.

To our knowledge this is the first community-based study which illustrates how appropriate nutritional support according to the Managing Adult Malnutrition in the Community is both cost effective and clinically effective.

#### More details available in the publication:

Fry GL, Brown F, Cawood AL, Cotton J, Stratton RJ. Appropriate management of disease related malnutrition in GP practices improves nutritional status & reduces healthcare use, with potential cost savings. Clinical Nutrition ESPEN, Dec 2018; vol 28, p271



#### Note from the Editor

It's been a busy few months for the Malnutrition Pathway team – we've presented seminar sessions at several key conferences and spoken to hundreds of GPs, Geriatricians, Dietitians, Pharmacists and Nurses about the work we are doing in #TacklingMalnutrition. We've also joined twitter (@MNpathway) – do follow us and join in our conversations so we can all work together to do more to raise awareness of malnutrition in the community and how to treat and prevent it.

In February I had the honour of representing BAPEN at a round-table parliamentary debate at the House of Commons. Organised by the British Specialist Nutrition Association (BSNA) and hosted by Mr David Tredinnick MP, the roundtable aimed to address significant issues including improving the overall provision of nutritional care, national accountability, procurement and the unique challenge of Brexit. Presentations and engaging discussions took place between the parliamentarians, nutrition experts and key stakeholders. A significant gap was identified by the parliamentarians of the absence of a nutrition expert and champion in the NHS with a breadth of understanding of the role of diet and nutrition in both health and disease. A set of actions was identified that will seek to gain traction through collaboration by key stakeholders.

We've also been working on a number of new resources including fact sheets on dysphagia, another on falls and some specific advice for care homes which will be published shortly – keep an eye on our website: <https://www.malnutritionpathway.co.uk>

This month's newsletter includes updates on a couple of projects which have utilised the Malnutrition Pathway – the first project was based in Gloucestershire where great results have been achieved in ensuring better patient care whilst at the same time reducing healthcare usage. The second project illustrates how the Malnutrition Pathway is reaching out and influencing care internationally - Dr Samantha Field who has been volunteering as a doctor in Myanmar, adapted some of the Managing Adult Malnutrition in the Community materials to suit the needs of the local population. Samantha is keen to recruit a Dietitian or Specialist Nutrition Nurse who might be interested in assisting in the voluntary work she is doing in Myanmar. Do get in touch if you would like to know more about this volunteer role.

As always, may I continue to encourage you to keep us updated on any activities you are carrying out across the UK (and further afield) so we can share our learnings and ensure we are implementing the best care for patients.



Anne Holdoway BSc RD FBDA

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



# Managing Malnutrition to improve lives and save money - new BAPEN report

Following on from UK Malnutrition Awareness Week, the Chairs of the British Artificial Nutrition Survey (BANS) (Trevor Smith) and the Malnutrition Action Group (MAG) (Rebecca Stratton) and the President of the British Association for Parenteral and Enteral Nutrition (BAPEN) (Simon Gabe) have authored a report 'Managing malnutrition to improve lives and save money'.

In addition to helping you understand more about why malnutrition costs so much, this report also highlights the importance of identifying and appropriately managing malnutrition and the cost savings that can be achieved by better management of malnutrition.

To download a copy of the report go to

[bapen.org.uk/pdfs/reports/mag/managing-malnutrition.pdf](http://bapen.org.uk/pdfs/reports/mag/managing-malnutrition.pdf)

## Using the Malnutrition Pathway to tackle malnutrition in Myanmar

Dr Samantha Field

I am a London-based doctor training in internal medicine, but have come to Yangon, Myanmar as part of the Improving Global Health Fellowship, funded by the Thames Valley and Wessex Leadership Academy. The program aims to work with local partners to identify area of need, and in this case they felt that introducing nutrition support in the public hospital was a priority.

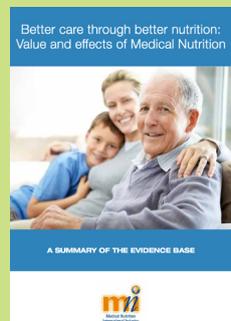
There is no screening, no dietitians, and no nutrition counselling given. In a preliminary survey on the oncology ward I identified that only 50% have a current documented weight and height, and approximately 50% of these patients have a BMI of <18.5. The oncology ward is one of the few wards with a scale! Families are responsible for many aspects of patient care that we would typically associate with healthcare staff, including providing and assisting with meals. Some patients have NG tubes in situ, families tend to blend meals and feed through that, though there is no formal tube training or care programme. There are no hospital meals provided - families queue up every day for community-donated meals.

There is a clear need for a simple programme to address inpatient malnutrition, and this is how I came across the malnutrition pathway. Given the specific context, I have been adapting many aspects. For example, for the sake of simplicity I am aiming to introduce MST screening rather than 'MUST'. I have also adapted the information to suit local diets and food availability. Evidently there is need to train dietitians or specialist nurses, and I am looking for long-term options for formally training Myanmar dietitians. By providing education for some staff members, and creating patient/carer educational materials I am hoping that those identified at risk of malnutrition will at least begin to get some general advice on how they can increase their nutritional intake.

I hope during this project I will be able to increase general awareness and attitudes towards the importance of nutrition on the ward, and perhaps create a case for training up the first dietitians in Myanmar! If anyone is interested in continuing work on or contributing to this project I welcome you to get in touch. It would be incredibly helpful to have a dietitian come and provide some specialist structured education to the staff. Additionally, the fellowship programme recruits biannually and is open to all NHS staff.

If you would like to contact Dr Samantha Field please do so via the Malnutrition Pathway email - [malnutritionpathway@franklincoms.co.uk](mailto:malnutritionpathway@franklincoms.co.uk) 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.

## Better care through better nutrition: value and effects of medical nutrition



The Medical Nutrition International Industry (MNI) has published a document which addresses prevalence, causes and consequences of malnutrition, as well as the health and economic benefits of nutritional care.

Including forewords from key stakeholders – the European Society for Clinical Nutrition & Metabolism (ESPEN), European Geriatric Medicine Society (EUGMS), European Society for Paediatric Gastroenterology Hepatology and Nutrition (ESPGHAN), European Federation of the Associations of Dietitians (EFAD) and the European Nutrition for Health Alliance (ENHA)- the publication reports on the evidence-base of the burden of malnutrition and of the value and effects of medical nutrition.

Data are provided, where possible, by healthcare setting (hospital, community), by age group (children, adult, elderly) and by patient group. The document also includes a solid collation of guidelines and good practices related to the use of oral nutritional supplements (ONS), enteral tube feeding (ETF) and parenteral nutrition (PN) in the management of disease-related malnutrition.

The report can be downloaded at [european-nutrition.org/wp-content/uploads/2018/03/Better-care-through-better-nutrition.pdf](http://european-nutrition.org/wp-content/uploads/2018/03/Better-care-through-better-nutrition.pdf)

# Malnutrition Pathway News

The Managing Adult Malnutrition in the Community team have been out and about over the past few months with their exhibition stand talking to healthcare professionals at a number of conferences. Members of our expert panel have been running sessions. Here's a flavour of what we have been up to:

## Pulse Live

2 OCTOBER 2018 – LIVERPOOL

Expert panel members Anne Holdoway, Consultant Dietitian, and Dr Anita Nathan, GP, ran a session entitled 'Malnutrition - the Forgotten Factor in Frailty and Multimorbidity' at the Pulse Live Conference in Liverpool.



This explored differentiating features between frailty, malnutrition, cachexia and sarcopenia, how to incorporate malnutrition assessments into GP work when managing multi-morbidities and giving advice on when to start and stop ONS prescriptions.

## RCGP 2018 Conference

4-6 OCTOBER 2018 – GLASGOW

Dr Anita Nathan and Anne Holdoway ran a further 15 minute seminar session at the RCGP Conference in Glasgow. This focused on case-based discussions to explore common dilemmas in general practice regarding the identification and successful management of malnutrition, highlighting the need to integrate nutrition into holistic care and why malnutrition can be both a cause and a consequence of chronic disease and frailty. A video of the session entitled 'Case Studies in Malnutrition' can be found on the video channel of the Malnutrition Pathway website -



## PCPA Care Homes Conference

30 JANUARY 2019 - BIRMINGHAM

Anne Holdoway ran a workshop at the recent Primary Care Pharmacy Association (PCPA) Care Homes Conference focusing on nutrition and frailty including some case studies for discussion. She was supported by Dr Abbie Cawood who presented recent research carried out by the University of Southampton into the cost effectiveness of ONS in care homes and the contribution they make to overall quality of life in care home patients. The session was chaired by Sarah Zeraschi, Consultant Pharmacist, Nutrition Chair of the PCPA Nutrition & Hydration Clinical Specialist Group and Vice-Chair of the British Pharmaceutical Nutrition Group (BPNG).



The Managing Adult Malnutrition in the Community team also exhibited at:

British Geriatric Society Autumn Meeting  
14-16 November 2018 - London

BAPEN 2018 Annual Conference  
20-21 November 2018 – Harrogate

MIMS Learning Live Respiratory and Red  
Flags Conference

Fri 30 November 2018 – London

Urgent & Emergency Care Congress  
Wed 27 February 2019 - London

## Pulse Live

26-27 MARCH 2019 - LONDON

'Frailty, Food and Malnutrition – The Patient's Perspective'

This session, attended by nearly 200 GPs and run by Anne Holdoway on the morning of 26th March 2019, looked at how healthcare professionals can give value-added care to patients whilst also addressing cost-prescribing pressures. Drawing on quantitative and qualitative research and clinical practice, the session exemplified the diet-related issues experienced by patients and carers and explored how professionals can respond to patient and carer concerns and integrate nutrition into the holistic care of the frail elderly. There was a lot of interest at the conference from GPs in using the malnutrition pathway in practice.



# New Patients Association Checklist

Managing Adult Malnutrition in the Community has been working with the Patients Association in the development of a new simple checklist to help patients and staff, working in health and social care, identify the potential risk of undernutrition in adults. The checklist offers signposting to information and sources of help to those likely to be at risk and is primarily intended for those aged over 65 and living in the community.

“The Patients Association Nutrition Checklist can play an important role in the drive to help identify undernutrition among older people and provide information and advice to improve weight gain. If malnutrition can be prevented or identified and treated at an early stage, it could reduce dependency on others and admissions to hospital and other care settings” says Rachel Power, Chief Executive of the Patients Association.

Resources available include:

- An animated video developed for use in GP surgeries
- Staff and patient versions of the checklist

The Checklist was developed by the Patients Association in collaboration with several health, social care and voluntary sector providers including ‘Managing Adult Malnutrition in the Community’, Wessex Academic Health Science Network (Wessex AHSN) and Bournemouth University.

For more information and copies of materials visit

[patients-association.org.uk/patients-association-nutrition-checklist-toolkit](https://patients-association.org.uk/patients-association-nutrition-checklist-toolkit)

The Patients Association is keen to get feedback from health and social care staff who are using the checklist please email them at [mailbox@patients-association.com](mailto:mailbox@patients-association.com)



## New Resources

A number of new resources are currently being developed and will appear on the website this spring – these include:

### Top ten tips for implementing the pathway

Separate sheets have been developed for Dietitians, GPs, Nurses, Pharmacists, Care Homes and Speech and Language Therapists see <https://www.malnutritionpathway.co.uk/healthcare-index>

### Fact sheets

We are developing a number of fact sheets to give professionals further advice on specific areas of interest. The first sheets will be as follows and we will be looking to develop more in the coming months:

- **Falls Prevention** – this fact sheet focuses on the causes and clinical consequences of falls, the most frequent and serious type of accident in people aged 65 and over. It outlines the importance of nutrition, hydration and exercise in the treatment and prevention of falls and gives advice on steps to consider
- **Dysphagia** – this extensive fact sheet includes information on the cycle of malnutrition and dysphagia, key conditions where dysphagia is likely to be prevalent and advice on managing patients with dysphagia (including information on the IDDSI initiative). It also gives advice on monitoring nutritional intake of patients with dysphagia
- **Care Homes** – targeted at the 11,300 care homes looking after around 410,000 residents in the UK, this fact sheet gives a list of key actions and red flags for nutritional care of residents. It includes advice on team working, screening, meal times and the use of ONS: [malnutritionpathway.co.uk/carehomes](https://malnutritionpathway.co.uk/carehomes)

## Nutrition & Hydration Week: 11-17 March 2019

The purpose of Nutrition and Hydration Week is to bring people together to create energy, focus and fun in order to highlight and educate people on the value of food and drink in maintaining health and wellbeing in health and social care and this year events were held up and down the country.

To help those get involved a Nutrition and Hydration Week handbook was developed giving ideas and practical tips and advice on how to get involved in the week and with useful ideas for promoting the importance nutrition and hydration at any time of the year. The handbook and other resources are available at [nutritionandhydrationweek.co.uk/resources](https://nutritionandhydrationweek.co.uk/resources)

During the week the Royal College of Speech and Language Therapists (RCSLT) also ran their Swallow Awareness Day on the 13 March 2019. Their campaign highlighted the affects dysphagia has on people’s lives and the work that speech and language therapists do to support those living with the condition, helping them to eat, drink and swallow safely. For further information visit: [rslt.org/get-involved/giving-voice#section-1](https://rslt.org/get-involved/giving-voice#section-1)

Nutrition & Hydration week events will continue across the year with the following focus days scheduled during 2019:

- 13 June - Thirsty Thursday
- 20 September - Fruity Friday
- 26 November - Tasty Suppers

For more information visit their website - [nutritionandhydrationweek.co.uk](https://nutritionandhydrationweek.co.uk)

# Forthcoming conferences & events

## MIMS Live – 28 June 2019 – London 'Managing Nutrition Across the Continuum of Care – Preventing Avoidable Harm'

Dr Anita Nathan and Anne Holdoway will use a case based discussion to review the dynamic, changing nutritional needs of patients as chronic disease progresses. They will look at the potential clinical and financial consequences of malnutrition and sarcopenia and the effects on outcomes.

The session will review the evidence and give practical advice and tools on identifying and managing malnutrition in a cost effective way. It will include particular reference to COPD, a disease where patients may begin their journey overweight but are at considerable risk of malnutrition for which the consequences are significant if not managed appropriately. <http://www.mimslearninglive.com>

## Malnutrition Awareness Week 14-20 October 2019

Run by BAPEN in conjunction with the Malnutrition Task Force Malnutrition Awareness Week 2019 will focus on raising awareness of malnutrition through the media and social media. The focus will be on improving screening in all settings, and increasing use of the Malnutrition Universal Screening Tool ('MUST') ([bapen.org.uk/screening-and-must/must-calculator](http://bapen.org.uk/screening-and-must/must-calculator)) and the BAPEN online self-screening tool ([malnutritionselfscreening.org/](http://malnutritionselfscreening.org/)). BAPEN will also



be running their Nutritional Care Tool Data Collection Week during the week.

Professionals are encouraged to get involved by

running their own Malnutrition Awareness Week events and to share activities on social media using #MAW2019. The Malnutrition Pathway will be supporting activities throughout the week and we would love to have information from readers to include in the Pathway newsletter. For more information on the week visit

<https://www.bapen.org.uk/malnutrition-undernutrition/combating-malnutrition/malnutrition-awareness-week>

## Royal College of General Practitioners (RCGP) Conference – 24-26 October – Liverpool

Managing Adult Malnutrition in the Community will be exhibiting again at this year's RCGP conference. At the 2018 event we received great interest and feedback on our resources. This year we are working with Dr Trevor Smith, Chair of BAPEN to deliver an educational session on malnutrition. Further information on the programme will be available in April. Visit [rcgpac.org.uk](http://rcgpac.org.uk) for more information.

## British Association of Parenteral and Enteral Nutrition (BAPEN) – 26-27 November – Belfast

The 2019 BAPEN conference will be held in Belfast. Topics on the agenda include COPD, Early Assessment of Intestinal Failure, Upper GI Cancer and Frailty. For more information visit <https://www.bapen.org.uk/resources-and-education/meetings/annual-conference>



## Follow us on Twitter

To keep up with our activities you can now follow the Malnutrition Pathway on

[Twitter@MNpathway](https://twitter.com/MNpathway)