

The Pathway

Making Malnutrition Matter

malnutritionpathway.co.uk



New Tools, Guidance and Reports

Malnutrition Pathway News

In 2012 a panel of experts in the area of nutrition and representative of the community healthcare team came together to discuss the issue of malnutrition in the community and what more we could be doing to tackle the issue.

Having carried out a qualitative review of guidance on tackling malnutrition in the community across the UK we identified a variety of guides of varying lengths, offering inconsistent advice, lack of goal setting, absence of outcome measures and scant use of evidence. In addition we had carried out a survey amongst GPs across the UK which identified gaps in information and difficulties in accessing guidance.

The panel agreed that there was the need for practical guidance on tackling the growing issue of malnutrition in the community in order to improve overall patient care. This guidance needed to be based on clinical evidence, clinical experience and accepted best practice.



The resulting document 'Managing Adult Malnutrition in the Community' included:

- An overview of malnutrition including its clinical consequences, cost implications, details on the prevalence across healthcare settings and information on key patient groups at risk
- Information on the identification and management of malnutrition according to risk category
- Guidance on optimising oral intake including dietary advice and the appropriate use of oral nutritional supplements
- A practical pathway on the appropriate use of oral nutritional supplements in the management of malnutrition

Ten key professional associations representing professions across the community healthcare team supported/endorsed the document: British Association for Parenteral and Enteral Nutrition (BAPEN), British Dietetic Association (BDA), British Pharmaceutical Nutrition Group (BPNG), National Nurses Nutrition Group (NNG), Pharmaceutical Services Negotiating Committee (PSNC), Primary Care Pharmacists Association (PCPA), Primary Care Society for Gastroenterology (PCSG), Royal College of General Practitioners (RCGP), Royal College of Nursing (RCN), Royal Pharmaceutical Society (RPS). We would like to thank these associations who have played a key part in the success of the document and supporting materials and have helped us to disseminate them and raise awareness of the issue of malnutrition in the community with their members.

The entire document and supporting materials have been made available for free to encourage uptake and adoption via an interactive website; www.malnutritionpathway.co.uk. Following the launch of the document several supporting patient materials

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Note from the Editor

It has been five years since we first launched the 'Managing Adult Malnutrition in the Community' document and website so in this issue it seemed pertinent to outline the work and success to date in disseminating the materials over the past five years. As a strong believer in sharing resources to avoid duplication of efforts it has been rewarding to witness the adoption of the pathway and resources across the UK and support the evolution and development of new disease specific pathways such as the COPD pathway. At this moment in time, an update of the materials is underway and we hope to be launching the updated version during the summer, subject to endorsement from the supporting professional organisations and stakeholders.

In this newsletter we have captured some of the great work by associations such as the GPs with an Interest in Nutrition Group (GPING), events in Nutrition & Hydration Week, activities within the Malnutrition Taskforce and the British Association for Parenteral and Enteral Nutrition (BAPEN). I consider myself fortunate to regularly be in contact with many people involved in these associations and I always find their ideas, commitment and achievements inspirational and motivating.

With an aging population and increasing numbers with chronic disease and multi-morbidity, we undoubtedly need to maintain momentum to raise awareness of the risks of malnutrition and the benefits of good nutrition for all. I am always heartened by all the amazing work that is being done by a variety of professionals across the country and I would like to take the opportunity here to remind you that we are always interested in hearing of your own successes along with any ideas you may have for future materials so please do not hesitate to get in touch so we can all benefit.

I hope this latest issue provides you with a stimulating read and that you will feel inspired to engage with, and get involved in, some of the activities outlined.



Anne Holdaway BSc RD FBDA

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

Malnutrition Pathway News

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were developed; designed to be easily printed from the website for distribution. In addition, online expert videos explaining the issue of malnutrition have been produced as well as a supporting app, care plans and regular newsletters. We have also launched an awards scheme to encourage professionals to share best practice.

The document received the prize for Nutrition Resource of the Year 2013, as voted for by the readers of Complete Nutrition magazine and has also been nominated for two General Practice Awards amongst tough competition.

Testament to the success of the document is the fact that there has been in excess of 69,000 visits to the website since its launch in 2012 and visits to the site have increased year on year (see chart 1, right). Visitors come from a variety of different professions and also include patients and carers (see chart 2, right).

The document continues to be front of mind in the malnutrition arena having featured as part of the NHS England Commissioning Excellent Nutrition and Hydration 2015-2018 guidance as well as being featured in Medendiums' eGuidelines. The guidance is also an integral part of the 'Malnutrition Matters A Commitment to Act' document developed by BAPEN and supported by key professional organisations.

The panel continues to meet to further develop initiatives in this field and to ensure all professions continue to work towards tackling the issue of malnutrition in the community. We are currently working on an updated version of the document, which, further to liaison with the relevant associations, we hope to have available during the summer. We will keep readers updated on our progress and look forward to sharing the revised materials with you.

GPs with an Interest in Nutrition Group (GPING)

GPING is a virtual network of GPs (between 40 and 50 members currently) that evolved from the RCGP Nutrition for Health Clinical Priority Programme in 2013, and is chaired by Dr Rachel Pryke, the previous RCGP Nutrition for Health Clinical Champion.

The GPING meetings aim to enable productive networking among GPs in England, Scotland and Wales, as well as feedback from all the members who have represented the group on other committees. The GPING network met for their Spring meeting at the RCGP in early March. Group members' cover the whole spectrum of nutritional issues from malnutrition to obesity, with several group members having a specific focus on malnutrition.

Recent RCGP educational courses in Manchester and Bristol that covered chronic disease lifestyle risk factors were well received, with appreciation shown for including the full nutritional spectrum as well as behaviour change teaching.

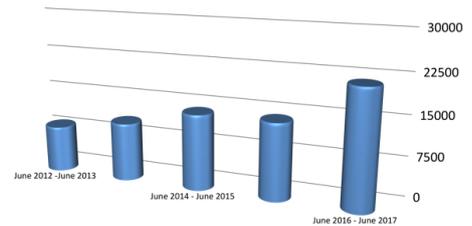
Confidence amongst GPs regarding screening and giving nutritional advice appears to remain low, despite the relevance to practice; the work that the GPING network is doing aims to increase awareness in this area. They believe increasing access to lifestyle risk factor training, including malnutrition, is important and should be a priority for commissioners who wish to improve care in their locality.

The group has been involved in the development of an array of educational resources and in the malnutrition arena group members have been actively involved in the development of key guideline documents including Managing Adult Malnutrition in the Community (www.malnutritionpathway.co.uk), Managing Malnutrition in COPD (www.malnutritionpathway.co.uk/copd)

WEBSITE VISITS

Visits to the site have increased year on year:

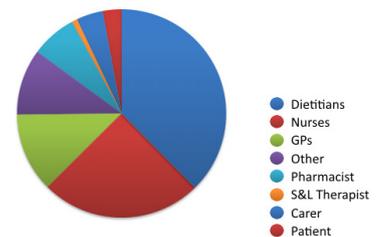
- 2012-2013 - average of 726 a month
- 2013-2014 - average of 908 a month
- 2014-2015 - average of 1,178 a month
- 2015 - 2016 - average of 1,188 a month
- 2016 - 2017 - average of 1,813 a month



Website visits: chart 1

WEBSITE VISITS

Site Visitors



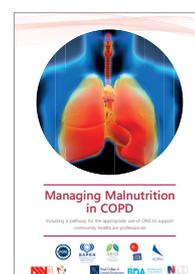
Website visits: chart 2

and A Practical Guide for Lung Cancer Nutritional Care (www.lungcancernutrition.com).

The group is always keen to hear from interested GPs from any part of the UK if they wish to get involved in pushing the primary care obesity and malnutrition agenda firmly forward. For further information please contact Rachel Pryke via rpryke@nhs.net.

Managing Malnutrition in COPD shortlisted for award

It has been a year since the 'Managing Malnutrition in COPD' document and patient materials were launched and we are delighted to announce that the guide and resources have been shortlisted by Complete Nutrition magazine for the **Nutrition Resource of the Year Award**.



Readers of Complete Nutrition and Complete Nutrition in Focus have until Monday 24th July 2017 to cast their votes for this and a number of other award categories. Please visit www.nutrition2me.com/cn-awards for more information.

Nutrition & Hydration Week reaches out across the globe

Caroline Lecko, Nutrition and Hydration Week Co-lead



Nutrition and Hydration Week is a national event to promote the importance of good nutrition and hydration to prevent malnutrition and improve health and wellbeing. The aim of the week is to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally. The campaign week reinforces and focusses energy, activity and engagement on nutrition and hydration as an important part of

patient safety improvement.

During the week individuals and organisations are asked to pledge their support to raising awareness of the importance of nutrition and hydration as an essential element of care.

Since its introduction in 2012 the event has become a truly global activity with events taking place across the globe, including the USA, Canada, Australia and Hungary, all of whom participated in this year's event which ran from 13th to 17th March 2017. This international reach is further demonstrated by the fact that there were 12,735 website views during the month from 73 countries and 3,648 Facebook views in 45 countries. Social media has proved an excellent way of sharing ideas and events and this year the twitter campaign began with a thunder clap, which involved the sending out of a single message to be mass-shared across the social network.

The results showed that we reached 6,651,991 people via Twitter during the week.

"I'm supporting NHW2017 by highlighting, promoting and celebrating the provision of nutrition and hydration #NHW2017
<http://thndr.me/vDFXGM>"



The Nutrition and Hydration Week 2017 thunder clap message

Activities have taken place in NHS and social care venues as well as schools, hotels and supermarkets. There are themed days throughout the week in order to give ideas for participation and the biggest focus is

the World Tea Party that takes place on the Wednesday and for which there is always great enthusiasm.

Many professionals/organisations come up with their own themes and activities for the week, one example is Sir Charles Gairdner Hospital in Perth, Australia where their focus on 'Mealtimes Matter' aimed to raise awareness of malnutrition and encourage identification, treatment and prevention. The team there took a very multi-professional approach to their activities and instigated a mystery MasterChef box challenge which involved hospital executives, hospital chefs and dietitians. Patients voted on the most visually appealing and tastiest dishes.

Whilst Nutrition and Hydration week is a pinnacle event in the year, the aim is to celebrate the great work delivered every single day and remind people of the benefits of good nutrition and hydration. This year we have also introduced a number of focus days throughout the year to keep the momentum of the week going. 2017/18 focus days include:

- **Thirsty Thursday - 15th June**

Leading up to the warmer days and the requirement for a reminder on the need to properly hydrate

- **Fruity Friday - 15th September**

All things bright and beautiful, its harvest time for a lot of British produce apples, pears berries etc.

- **Tasty Suppers - 28th November**

A reminder for hearty nutrition in the winter months including warm cosy hot milky drinks

- **Big Breakfast - 22nd January 2018**

A reminder to start the day as the New Year with a hearty breakfast

Nutrition and Hydration Week 2018 will run from the 12th to 18th March. Our intention is to build on the momentum we have created over the past 6 years and expand the reach. We are particularly keen to encourage healthcare professionals to focus on improving access to clinical nutrition for people who need it. Further information can be found at nutritionandhydrationweek.co.uk or by emailing info@nutritionandhydrationweek.co.uk. Activities can also be followed on Twitter (@NHWeek), Facebook (NHWeek) and LinkedIn (Nutrition and Hydration Week Supporter)

Current Consultations

NICE Consultation on CG32

In March this year NICE put out a surveillance proposal consultation on CG32 with a view to not updating the guidance at this time and transferring the guideline to the static list. The malnutrition pathway has requested that some of the data in the guideline is brought up to date particularly in relation to the financial impact of malnutrition and that NICE considers making the guidance mandatory.

A decision is expected from NICE this month. Further information can be found at www.nice.org.uk/guidance/cg32/consultation/html-content

All-Party Parliamentary Group (APPG) Consultation

The APPG on Primary Care and Public Health has launched an inquiry into managing demand in primary care. Central to this inquiry is the question on what impact Government policies such as the Five Year Forward View and GP Forward View have had in managing demand and how we can move towards that much sought after whole-system NHS. The Group is seeking views from across the health sector on questions covering the following areas:

- Avoidable GP consultations
- Collaborative working
- Policies for managing demand

We have asked the APPG to consider the impact of poor nutrition on health and to call for nutrition to be incorporated into all pathways.

An update from BAPEN

5-year Vision and Strategy

BAPEN is currently updating its 5-year vision and strategy to ensure that the association continues to be able to respond to current needs and to drive changes and improvements in the healthcare system in relation to nutrition and hydration care.



Putting patients at the centre of good nutritional care

BAPEN held a Think Tank meeting in June so that the core groups and committee members of BAPEN could refine the draft BAPEN strategy to ensure it reflects the core aims of the charity, is fit for purpose and achievable. A revised strategy will be circulated to members as part of the wider consultation process with a view to launching the final strategy at the annual conference in November.

Strengthening relationships

BAPEN has been busy strengthening relationships and building closer ties with like-minded organisations over the past few months, with a view to working more closely together to collaborate on projects and campaigns deemed to be of mutual benefit. This work includes:

- The development of a Memorandum of Understanding with the British Dietetic Association (BDA), which will enhance co-operation and co-ordination between the associations both through PENG and the BDA as a whole. Promotion of the partnership, working together to produce resources of professional relevance and providing mutual support for initiatives will be at the core of this relationship.
- Talks with The Nutrition Society to discuss reforming links between the organisations. Initial interactions have been very positive and further updates will be provided soon.

Nutritional Care Tool

In the last issue of the Pathway we included information on BAPEN's web-based Nutritional Care Tool (free to all NHS and social care organisations) which enables organisations to monitor their nutritional screening, the effectiveness of nutritional care they provide and the patient experience.

To encourage use of the tool four separate national data collection weeks have been run each year since launch in 2015. The aim of these weeks is to make it easier for organisations (Care Homes, Hospitals), who feel unable to commit to ongoing use, to use the Tool intermittently to collect valuable data on their nutritional care provision and benchmark and plan their own improvements. The next data collection week is the week commencing 11th September 2017.

To find out more about the BAPEN Nutritional Care Tool and to register to use the tool visit

www.bapen.org.uk/resources-and-education/tools/bapen-nutritional-care-tool

'In Touch' Magazine

The BAPEN members' magazine 'In Touch' has been given a new look and format the last few months. The new digital version is easy to navigate and full of useful information and ensures that the content can be accessed and read on the go, making it more convenient. If you have any feedback or want to suggest any further improvements please email your thoughts to communications@bapen.org.uk.

Worrying attitudes to weight loss in the over 60s

A recent study¹ undertaken by the Malnutrition Task Force found over five million (36%) people aged 60 and over in the UK think it's perfectly normal to lose weight as you get older. 75% say they have never worried about themselves or another older person unintentionally losing weight, despite it being an early warning sign of malnutrition or another serious condition. However over half (54%) of those surveyed said they would be concerned about a friend or family member being very overweight.

With under-nutrition being a major cause and consequence of poor health for older people (one in ten people over the age of 65 are estimated to be malnourished or at risk of malnutrition²). The Malnutrition Task Force is calling on older people and healthcare professionals to take unexplained weight-loss seriously as getting thinner is not a normal part of ageing.



Lesley Carter, Malnutrition Task Force Lead said: "We often wrongly assume that malnutrition and dehydration belongs to the past - but the reality is that poor nutrition and hydration are often present yet 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 incorrect assumption within society that losing weight is a normal part of the ageing process, when in fact it should actually raise alarm bells. We all know 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."

1. TNS polled 855 people aged 60 and over during 24 – 28 February 2017. The figures are based on the older population as a whole aged 60 and above.
2. Elia M & Smith RM. Improving Nutritional Care and Treatment. Perspective and Recommendations for Population Groups, Patients and Carers. BAPEN; 2009.

BDA Vision conference – it is time for dietitians to have a voice

On Thursday 30 March 2017 BDA Vision took place in Birmingham and focused on the need for Dietitians to ensure that the profession has a voice.

The programme addressed what needs to be done for the future of dietetics and involved a range of inspirational talks from speakers and case studies demonstrating current perceptions in both the dietetic and wider healthcare environment. The focus was on what Dietitians need to do now to shape the future of dietetics: considering the past and present, and how they can learn and adapt for the challenges ahead.

The key take out of the conference was that Dietitians must never stop engaging and need to ensure a constant presence and impact at local and national level to ensure they can continue to contribute to transform the health and wellbeing of the nation.

Presenters included:

- Catherine Blanchard and Vittoria Romano who focused on the value of working in partnership with care homes to provide a unique and sustainable approach to malnutrition.
- Helen Reilly who introduced “Eat, Drink, Move!” a therapy led initiative to support people to keep well in and out of hospital.
- Cathryn George, Macmillan Head and Neck Specialist Dietitian, who presented her ground breaking CNS and AHP-led cancer follow up, including post treatment flexible nasendoscopy.
- Dr. Jenny Child and Professor Mary Hickson who provided a summary of the progress of the “Future Dietitian 2025” project, with the broad aim that dietetics remains relevant in a rapidly changing world. The scoping project has highlighted 7 key priorities including:
 - o Improving the public profile and perception of Dietitians
 - o Reconsider the scope of the profession and the outcomes we deliver
 - o Revising the training requirements to meet the ever changing demand of nutrition and dietetic care

Forthcoming conferences

National Nurses Nutrition Group (NNG)

Annual Conference, 10-11 July 2017, Bournemouth International Centre. This years' conference will cover areas including nutrition in COPD, refeeding syndrome, complex nutritional feeding issues and parenteral nutrition.

www.nnng.org.uk

British Association for Parenteral & Enteral Nutrition (BAPEN) Annual Conference, 21-22 November 2017, Hilton Birmingham Metropole

This year is BAPEN's 25th Anniversary.

The conference will provide a multi-disciplinary programme and symposia will cover areas including organisational change in the NHS and its impact on parenteral nutrition, tackling malnutrition in the community, rehabilitation after serious illness, feeding at Swallowing Risk and Nutrition and Dementia. The Keynote Lecture will be from Prof Paul Wischmeyer, Duke University, North Carolina and will focus on human microbiome in health and disease.

www.bapen.org.uk

- o To help the profession to generate and disseminate best practice
- o To enhance our influence and organizational leadership
- o To extend research
- o To reaffirm the professional identity of dietetics

Malnutrition Matters clinical governance meeting, Scotland

On Tuesday 23rd May 2016 the Greater Glasgow and Clyde (GG&C) Dietitians network ran a clinical governance meeting at the QEUH Learning & Education Centre in Glasgow with a focus on 'The Role of the Dietitian in the Effective Management of Malnutrition'. The meeting was attended by over 150 healthcare professionals - primarily dietitians.

- Michelle MackIntosh, Dietetic Clinical Services Manager, opened the day, welcoming all delegates and emphasising the important role dietitians and dietetic practitioners play in the treatment and prevention of malnutrition
- Anne Holdoway, Consultant Dietitian, delivered a motivational presentation on how appropriate nutritional care, with dietitians taking a leadership role, has the capacity to transform lives and the patient experience amongst the thousands of individuals with chronic disease and life - limiting conditions
- Gavin Gorman - Non medical prescribing lead NHS GG&C, provided an overview of medical and non-medical prescribing including the exciting opportunities arising from AHPs including dietitians becoming supplementary prescribers
- Lynsey Robinson and Wendy McGaugie, Prescribing Advisory Dietitians, covered the topic of responsible Prescribing in the Community

In the afternoon a series of short presentations showcased several key nutrition projects across the region including:

- Scottish Care Assurance Standards presented by Denise Deas & Lis Waterhouse
- The uptake of ONS on wards in acute adults - Lisa Hyslop
- Lisa Goldie and Joanne Laing presented their audit of food provision in Cystic Fibrosis
- An emotive and thoughtful overview of Community MUST step 5 with particular attention to nutrition in care homes was given by Alison Molyneux
- A thoughtful presentation by experienced dietitian CaroleAnne Fleming, long standing proactive member and education lead for the Parenteral and Enteral Nutrition group of the BDA on enteral feeding regimens
- Valerie Laszlo, Practice Development Dietitian rounded up the day with a succinct summary of lessons learned and a reminder of key take home messages and actions

Fiona Clark and CaroleAnne are to be acknowledged in bringing together all those involved to share their expertise in the area of malnutrition, prevention and treatment and for chairing the event.