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Cancer Research UK
Cambridge Institute

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Cambridge
Essential Steps in the Nutrition Care Process

- Nutrition Screening
- Nutrition Assessment and Diagnosis of malnutrition
- Nutrition Care Process
Nutrition Screening

- Tests must be sensitive to identify those at risk
- Tests must be specific to rule out those not at risk
- Training for effective implementation
Improvements in identification of malnutrition and management

- Sensitisation of the multi-disciplinary team by clinical dietitians (physicians and nurses)
- Feedback on progress of the project
- Daily ward huddles
- Weekly nurse update meetings
Nutritional Diagnosis

- Identification of nutritional problems
- Existing
- Potential (where a medical intervention is likely to cause a nutritional problem)
- Preventative or anticipatory
Nutrition assessment and diagnosis of malnutrition

- Anthropometry
- Biochemistry
- Clinical / physical
- Dietary
- Environmental / behavioural / social
- Service user focussed
Targeted nutrition interventions

- Assessment drives the personalised nutrition plan
- Underlying causes of malnutrition
- Individual preferences, resources and expectations, severity of nutritional deficit
- Anticipation of future disease / treatment
Individualised nutrition support

- Medical patients at nutritional risk
- Nutrition risk score > 3
- Expected hospital stay > 4 days
- Multi-centre study in Swiss hospitals
- 5015 patients screened with 2088 randomised to
  - Individualised nutrition support
  - Standard hospital food
Kaplan-Meier estimates of the cumulative incidence of the primary endpoints and all-cause mortality (A) Time to the first event of the composite primary endpoint (log-rank p value = 0.035). (B) Time to death (log-rank p value = 0.031)

Proportion of patients reaching caloric (A) and protein (B) requirements during the first 10 days after randomisation
Summary

- Management of malnutrition
- Identify those at risk
- Assessment
- Individualised nutrition careplan
- Nutritional care from the multi-professional team

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