



## FIGHTING HOSPITAL MALNUTRITION IN SPAIN:

A continuous improvement process of the Spanish Society for Parenteral and Enteral Nutrition (SENPE)

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### RATIONALE

- In Spain, as in other European countries, a high proportion of hospitalised patients are malnourished or at risk of malnutrition. However, malnutrition is still a neglected condition and malnourished patients remain undertreated.
- SENPE, a scientific society devoted to improving the organisation and provision of nutrition support in the National Health System have set-up a continuous improvement process with a final objective: to ameliorate malnutrition and achieve better outcomes in hospitalised patients.

### METHODS

- Continuous improvement process of SENPE's strategy against malnutrition.
- Different working groups were created to address key issues in this ongoing approach. First activities were designed to provide basic knowledge, tools and directions to lay the basis for the strategy (see figure below).
- Emphasis was given to stakeholder involvement (see info clouds in figure below) to facilitate the implementation of initial and subsequent actions, thereby ensuring that all efforts would directly yield to improved healthcare quality and patient outcomes.

### ACTIVITIES, IMPLEMENTATION AND RESULTS

Study supported by the National Quality Plan for the National Health System (Ministry of Health) and hospital managers of 30+ centres throughout Spain. Partially funded by the private sector\*.



#### PLANNING

- The *White Book on Clinical Malnutrition* provides directions to help health authorities and hospital managers incorporate European Union current recommendations on hospital malnutrition into the strategic decision making process. These activities should allow the implementation of recommendations on food and nutritional care in hospitals and ensure that these plans are implemented with the participation of all relevant stakeholders at a policy, community and practice level.

Involvement of different universities and healthcare organisations. Mass media coverage.

Involvement of other scientific societies, e.g. Spanish Society for Medical Documentation (SEDOM); Spanish Society of Medical Oncology (SEOM), etc.

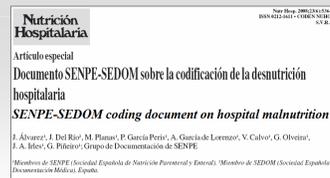
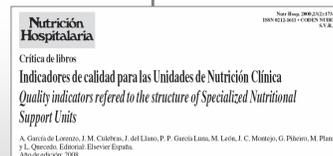
#### EVALUATION

- The first nationwide study was designed to assess the true prevalence of hospital malnutrition (PREdYCES study). A representative sample of 1700+ hospitalised patients from 30+ randomly selected centres are being screened with both NRS2002 and MNA at admission and discharge.
- A web-based platform was built to initially support the prevalence study and a parallel cost of illness study was conducted to estimate the economic burden of malnutrition on the National Health System. This platform may be suitable for both future evaluative studies and the implementation of regional/national registries to provide updated data on hospital malnutrition and its clinical and economic consequences.



#### IMPLEMENTATION

- The availability of standardised screening procedures and instructions to help systematically include malnutrition in patient charts should increase the awareness of nutritional assessment and treatment as a comprehensive part of patients management, resulting in improvement of health care quality.
- Systematic coding of malnutrition according to the ICD-9-CM should improve DRG classification and reimbursement, while allowing future assessment of malnutrition evolution using administrative databases.
- The identification of a set of quality indicators provides with a useful tool to allow the implementation of quality assurance policies in clinical nutrition units in Spain.



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### CONCLUSIONS

- SENPE's strategy against malnutrition has set up a continuous improvement process that involves different stakeholders, including government, universities, scientific societies, healthcare companies and the media, among others.
- Starting with a White Paper on hospital malnutrition, different tools have been developed and disseminated to help healthcare professionals incorporate nutrition assessment and treatment into usual clinical practice and field studies have been carried out to provide nationwide and up-to-date data on hospital malnutrition and its clinical and economic implications.
- The continuous nature of SENPE's strategy against malnutrition guarantees that as new evidence becomes available and broader goals are identified, further actions will be implemented, yielding to quality improvement of malnutrition management in Spain.
- SENPE will ensure that the future evolution of this initiative will strengthen the objectives of the *Prague Declaration* at a national level. This will be achieved by aligning future implementation and evaluation projects within the continuous improvement process to the *Action Points of the Final Declaration – STOP disease-related malnutrition and diseases due to malnutrition.*