

FIGHTING HOSPITAL MALNUTRITION IN SPAIN: FROM AWARENESS TO ACTION

A project of the Spanish Society for Parenteral and Enteral Nutrition (SENPE)

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The burden of hospital malnutrition in Spain

A nationwide, cross-sectional study aimed to estimate the prevalence and costs of hospital malnutrition in Spain (PREdYCES study**).

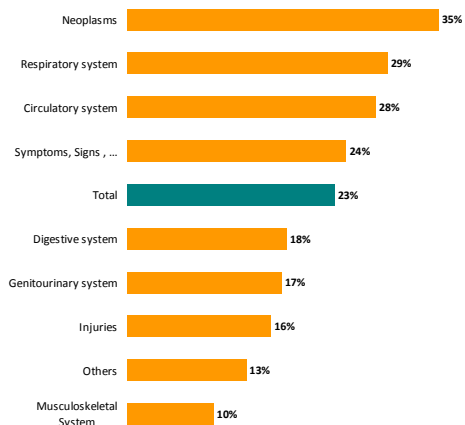
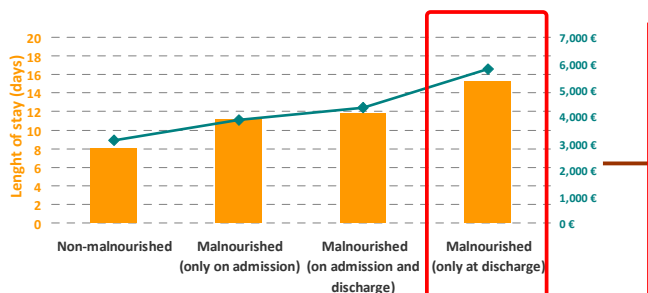
STUDY RESULTS AND MAIN FINDINGS

- A random sample of **31 hospitals** representative of the Spanish National Health System stratified by complexity and size (number of beds).
- **1707 patients** included in the prevalence of malnutrition analysis.
- **470 patients** included in the cost of malnutrition analysis.
- **23% patients showed a NRS score ≥ 3**
- Malnutrition was specially high in older patients hospitalised for medical conditions (cancers, respiratory and cardiovascular diseases).
- Malnourished patients showed a longer length of stay (3 to 4 days more than non malnourished patients), higher incidence of complications and hospital costs.
- Patients that developed malnutrition during hospitalisation showed the biggest additional cost respect to non-malnourished patients (3,129 € vs 5.821 € resp.).



LINKING MAIN STUDY FINDINGS WITH ACTIONS FOR CHANGE

		NRS at discharge		
		Non-malnourished	Malnourished	Total
NRS on admission	Non-malnourished	90%	10%	100%
	Malnourished	28%	72%	100%
	Total	77%	23%	100%



RATIONALE AND PROJECT STRUCTURE

- 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 set up a continuous improvement process with a final objective: to ameliorate malnutrition and achieve better outcomes in hospitalised patients.
- Thus, a two-phase project was initiated in 2009 to 1) Quantify the burden of hospital malnutrition at a national level in Spain, and, 2) Define and launch a series of actions devoted to improve awareness of the problem to all relevant stakeholders and implement a number of actions directly linked to the main findings of the burden of disease study.
- This translational approach was chosen to ensure that an action plan should derive from the best available evidence on the current situation of hospital malnutrition in Spain.
- Furthermore, each planned action should be aligned to one of the common goals stated in the 'Fight Against Malnutrition (FAM)' program launched by the ESPEN Council in 2008.

ACTION PLAN (initiated in 2010)

- To present the results of the PREdYCES study to central (Ministry of Health) and regional health authorities to improve the awareness and decision making in relation to hospital malnutrition in the National Health System.
- To design and carry out a study to evaluate the clinical and economic impact of a post-discharge nutritional intervention in hospitalised malnourished patients (PREdYCES-2)
- To implement and launch a mandatory malnutrition screening test to be included as part of the new model of clinical record in Spain, prepared by the Spanish Society of Medical Documentation (SEDOM).
- To prepare a "Consensus paper: position statements to fight against hospital malnutrition" endorsed by several medical and scientific Spanish societies. This paper should define recommendations and strategies to improve the universal screening and management of hospital malnutrition from a multidisciplinary perspective.
- To award an annual grant for the best hospital nutrition unit. This award will recognize every year a different clinical nutrition unit fulfilling the quality indicators previously defined by SENPE.

CONCLUSIONS

- **Current burden of hospital malnutrition was assessed at a national level with the PREdYCES study: one fourth of hospitalised patients are malnourished in Spain, and they are associated to a 50% additional cost.**
- **Main findings of the study were used to define the action plan to fight against hospital malnutrition in Spain.**
- **Most of the planned actions have already been launched in 2010 and will be re-assessed during 2011.**