## Top-down and bottom-up approach of malnutrition leads to a decrease in prevalence rates in all health care settings in the Netherlands

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Summary: Starting in 2004, the Dutch Malnutrition Steering Group, the Dutch Annual National Prevalence Measurement of Care Problems (LPZ), the Dutch Ministry of Health (MoH) and NESPEN have collaborated to tackle malnutrition in the Netherlands. These combined efforts have led to a significant decrease in malnutrition prevalence rates in all health care settings

The Dutch approach: The annual measurement of malnutrition prevalence rates and the driving force of the Dutch Malnutrition Steering Group has led to a coordinated

and successful approach in tackling malnutrition in close collaboration with the Dutch Ministry of Health.

From 2004-onwards: Annual National Prevalence Measurement of Malnutrition (LPZ) in hospitals, nursing homes and home care

hospitals. (risk of) malnutrition has become an official indication for reimbursement of medical nutrition In the basic health insurance

From 2004-onwards: Dutch Malnutrition Steering Group (involving all disciplines as well as associations of specialists and hospital boards) receives political endorsement and convinces Ministry of Health to support development of screening and treatment tools for hospitals, residential care and community From 2006-onwards: Ministry of Health fully involved and funding the projects of the Dutch Malnutrition Steering Group from 2006-2012 (€ 1.5 m) and official recognition of the Malnutrition Steering Group Community **Hospitals Nursing Homes** From 2004: annual measurement and presentation of malnu trition prevalence data in home care, hospitals and nursing homes by the Dutch Annual National Prevalence Measurement of care problems (LPZ) From 2004: Dutch Malnutrition Steering Group lobbies Ministry of Health 2004-2010; Dutch Malnutrition Steering Group develops multidisciplinary guidelines and toolkits for screening and treatment of malnutrition for all settings and age groups, publishes them on website and disseminates and implements them by publications, trainings and workshops 2004: start of Dutch national programme in 2009/2010: national guideline for treatment nursing homes: "Care for Better" programme 2006: start of screening and treatment of malnutrition in hospitals as part of the of malnourished patients in the community Dutch national "Faster Better" improvement programme endorsed by associations of general 2006: national project "Eating practitioners, nurses and dietitians and Drinking": screening. weighing, meal environmer **Tools** Results 2007: quality indicator: mandatory 2010: adoption and 2008: quality indicator: mandatory 2006: mandatory development of tools to facilitate evidence. implementation of screening for malnutrition on report on intake of malnourished weighing of patients awareness and implementation national guideline admission to hospital patients at 4th day of admission 2010: mandatory **Prevalence** www.stuurgroepondervoeding.nl with tools, 2010: mandatory risk signalling guidelines, literature etc: 40.000 hits in two 2009: "Dutch pearl": prize for 2009: malnutrition adopted and follow up indicator on signalling best implementation project. as main item in National 2010: standards - Validated screening instruments for different Continuous audit and malnutrition in Dutch health care Safety Management for optimal patient groups in different settings feedback (by MoH, System for nutritional in home - Continuing workshops for health care LPZ), on malnutrition care define care hospitals Steady decrease in malnutrition prevalence professionals prevalence and rates (top) and steady increase in % of experience
Ready to use PowerPoint presentations.
Toolkits for implementation
Pocket booklet with summary
of actions for hospital setting 2009: 2009-2011 2006-2009: 2009-2010: - National meetings: audit, feedback, sharing screening as well as malnutrition screening training programmes training workshops and molementation treatment in all health (bottom) and toolkits developed programmes and cost toolkits develope care settings for screening and treatment for screening and and toolkit developed effectiveness study Screening treatment of on screening and of malnutrition in hospitals; for screening and treatment o training followed by 60% treatment of malnutrition malnutrition in nursing of all Dutch hospitals homes: 70% of nursing malnutrition in primar in children's departments homes participated in screen 2010: STRONGkids 2004: SNAQ 2007: start SNA@RC >2008: annual >2006: presentation obligatory publication of 2009: deviation 2010: SNAQ65 Quality Indicators score from growth 2009: SNAQRO screening and and publication of first results in journals and treatment by for malnutrition by curves defined as Dutch government malnutrition at symposia SNAQ / MUST Participation of home care organizations, hospitals and nursing homes in Dutch Annual Prevalence Measure tent of Care Problems Annual reporting of patients at risk of malnutrition and Annual reporting to MoH on malnutrition prevalence rates through the obligatory Annual reporting of patients at risk of follow-up in home care Quality Indicator malnutrition and follow-up Three-monthly reporting to MoH on optimal treatment of malnourished patients 2009: (risk of) malnutrition has become an official indication for reimbursement of medical nutrition in the basic health insurance Annual participation in Nutrition Day Key success factors: Multidisciplinary approach, involvement of Ministry of Health, annual presentation of malnutrition data, mandatory screening, mandatory reporting on optimal treatment in hospitals, large numbers of training programmes and workshops to enhance implementation

Key achievements: Ongoing collection and feedback of malnutrition data, mandatory screening and treatment, annual audit and feedback, malnutrition in main list of guality indicators in Dutch health care, protein and energy goals for malnourished patients defined, recognition of malnutrition as a healthcare problem as important as overweight, malnutrition defined as one of the four topics in the National Safety Management system for all Dutch

Future plans: Annual measurement and further implementation of screening and treatment in all health care settings, improvement of results, sharing knowledge and experience in Europe and website in English, strengthening