

- **Fighting malnutrition in Portugal: a critical variable in the health of Portugal**
- **Prevention and treatment of malnutrition in Portugal**



Associação Portuguesa de Nutrição Entérica e Parentérica (APNEP)

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Description of the initiative

The Portuguese Society of Enteral and Parenteral Nutrition (APNEP) aims to fight malnutrition in Portugal.

Objective

To improve early recognition, prevention and treatment of disease-related malnutrition (DRM) and underlying risk factors in Portuguese hospitalized patients.

Rationale/Background of the initiative

Timely and effective identification, prevention and treatment of DRM and its risk factors in hospitalized patients on the national level is needed. Systematic screening and assessment, and triaging for interdisciplinary interventions, such as control of nutrition-impact symptoms and/or artificial nutrition support, will improve nutritional status, clinical outcome and cost-effectiveness of treatment regimens. Data collection and developing policy on the national level will help increasing awareness and changing underlying attitudes towards risk for DRM among healthcare professionals (e.g. physicians, nurses) in Portuguese hospitals.

Scope of project, activities, implementation

The Portuguese hospital setting will be the venue, and will include patients and healthcare professionals. This will be carried out by implementation of a systematic approach. Hospital wards with 'high risk patients' will be targeted first. Results in these wards will serve as best practice for further implementation of the approach across Portugal.

The Portuguese approach - 10 principles:

1. Raise a multidisciplinary Portuguese Malnutrition Steering Group.
2. Create awareness on DRM by collecting data on prevalence of DRM, its risk factors and required interventions, in patients admitted to internal medicine wards.
3. Collecting data on prevalence of DRM, its risk factors and required interventions in other 'high risk' wards, e.g. Oncology, Geriatrics.
4. Develop a national Strategic Plan to fight malnutrition, in collaboration with the Portuguese Ministry of Health.
5. Screening as a mandatory quality indicator (screening within the first 24-48 hours of hospital admission in all hospitals in Portugal).
6. Develop Portuguese Guideline on Screening and Assessment of DRM.
7. Training programs and workshops.
8. Implementation of projects to systematically and routinely screen, assess and monitor DRM and its risk factors.
9. Toolkits with freely accessible, quick and easy, ready-to-use tools: e.g. presentations, patient materials, best practices.
10. Interdisciplinary project teams in all hospitals.

Resources expected:

- Personnel (project coordinator, junior researcher): e.g. data collection, analyses and publications, training healthcare professionals, coordination of guideline development (€25,000)
- Equipment: e.g. study materials, toolkit, printed guideline, flyers/brochures, website (€5,000)

APNEP will provide additional funding if needed if the project is rewarded with the MNI Grant.

Results

In step 2, data will be collected cross-sectionally in October 2016, in 1500 patients in at least 20 hospitals across Portugal. The results will be discussed with the Portuguese Ministry of Health in January 2017 and presented at the ONCA Implementation Conference in November 2016.



Dear all,

APNEP (Portuguese PEN Society) now has 1,385 members while 2,370 attended the last annual congress. We offer a proactive educational program to all our members with 150 members enrolling in the free LLL courses.

Our Facebook page now has 3,954 likes and is continuing to grow while our newsletter is sent out to over 9,000 health professionals in Portugal.

We have three main projects this year and next:

1. Attempt to obtain the reimbursement for the Home Enteral Artificial Nutrition Programme from the government
2. Optimize the nutrition support provided in Portuguese Intensive Care Units
3. Improve early recognition, prevention and treatment of disease-related malnutrition and underlying risk factors in Portuguese hospital patients.

We would like to propose the project “**Optimize nutritional support in critical care**” for the 2016 MNI grant.

We have audited the calorie and protein administration in 11 Portuguese ICUs. The results are very disappointing. In a worldwide survey, calorie and protein administration reached around 55%- 60% of the recommendations. Our results *seems to be even worse than the real world*.

APNEP decided to perform a new study trying to enroll the largest possible number of Portuguese ICUs in this study (until now 25 have been enrolled) with more than 600 patients.

As a President of APNEP and the principal investigator of this study I will be responsible for the execution of the study design, endpoints, formulation, statistics, budget and availability of local human and financial resources as applicable to oversee and support the study.

Best regards

APNEP President

Aníbal Marinho