2° Congress of Clinical Nutrition and Metabolic Care
Portoroz 15/11/2013

Rocco Barazzoni

University of Trieste
General Secretary ESPEN
The “hidden” epidemics
In EUROPE

At risk:
5%: general
10%: age > 65
20%: age > 75

Health Care System:
25-40%: hospitals
20-25%: nursing homes
15-20%: home care
The “hidden” epidemics
In EUROPE

At risk:
5%: general
10%: age > 65
20%: age > 75

>1000 Euro ADDITIONAL COSTS/patient/6 month

Health Care System:
25-40%: hospitals
20-25%: nursing homes
15-20%: home care

30 MILLION pts
Costs:
>170 Billion E
Nutritional treatment:
  – Effective!

Impact of Oral Nutritional Supplementation on Hospital Outcomes
  Am J Man Care 2013
  – 44 MILLION cases
  – 4734 $-episode costs
  – 6.7% lower readmissions
Fight Against Malnutrition

STEPS

AWARENESS

EDUCATION

POLICIES

IMPLEMENTATION
Fight Against Malnutrition

ACTORS (STAKEHOLDERS)

EXPERTS (SCIENTIFIC SOCIETIES)
PROFESSIONALS
INDUSTRY
PATIENTS!
POLICY MAKERS
Awareness and Education: Professionals

- **LLL**
- ESPEN Guidelines
  - Disease-oriented GL 2011-
- Special Interest Groups
- Expert Courses
- Basic Courses
- Bluebook
- Journals
Policies and Implementation

ESPEN – 2008 TO 2013
SUCCESSFUL NATIONAL EFFORTS
– Successful templates
– MNI Grant - FAM Session
• @ ESPEN Congress
MANDATORY SCREENING

SNAQ RC
Screening and treatment plan

- Screen and weigh* at admission and every three months
- Document score in patients' record

- Green: No action
- Orange: 2-3 in-between meals per day
  - Motivate the patient to eat
  - Monitor the food intake
- Red: 2-3 in-between meals per day, enriched meals and monitoring of the food intake
  - Report to physician for consultation dietician
  - Start dietetic treatment ≤ 3 days after screening
  - Evaluate treatment 5 days after start of dietetic treatment

*Weighing
- Green: 1 x per 1-3 month
- Orange: 1 x per month
- Red: 1 x per month

www.stuurgroepondaervoeding.nl
Hospitals, Nursing Homes, ICU

151,617 in 1787 centers
Hospitals, Nursing Homes, ICU

Patient recruitment per country (08.05.2013)

- **2013:** Audit tool in Belgium
Continuing to enhance implementation

- ESPEN – Malnutrition Definition Group
- ESPEN – Nutrition Education Study Group (NESG) – Implementation techniques
Reach out to (new) colleagues and specialists
- KNOWLEDGE
- TOOLBOX
AWARENESS: Policy-makers

2008: EU Parliament defined malnutrition as the key basic pillars of the overall EU ‘Together for Health’ strategy for the coming years

Belgrade 2012 (Adriatic Club)

Portoroz 2013 (Slovenian PEN Society)
FAM: work ahead
CONNECT THE RINGS!

INCREASING EVIDENCE
INCREASING AWARENESS
TREATMENT
ROUTINE SCREENING
all European health care providers
↑ REIMBURSEMENT (Investment)