Everyone has the right to nutritional care¹

MALNUTRITION is a major health problem that affects quality of life²

MALNUTRITION affects many people globally^{3,4}



Globally 20 - 50 % of hospitalised patients have malnutrition



In Europe up to 1 in 3 patients have, or are at risk of, malnutrition on admission



Almost half of adult patients in African hospitals are malnourished



More than half of patients in South African hospitals are at risk of malnutrition

MALNUTRITION has many faces - Anorexia, Sarcopenia, Frailty, Cachexia^{5,6}



Sarcopenia

- Due to underlying disease
- Severe weight loss
- Muscle and fat loss

Low muscle mass

Low muscle function

MALNUTRITION

Anorexia

Loss of appetite



- **Frailty** Weakness
- Balance impairment
- Slow walking speed



CONSEQUENCES OF MALNUTRITION3



Reduced immunity and infectious complications



Pressure ulcers and delayed wound healing



Unsteady gait, falls and fractures



Impaired mental status



Reduced treatment tolerance



Increased length of stay and readmissions

How can we help?

PERSONalise nutritional care





Ensuring



Referring



Selecting an Appropriate nutrition plan



Observe Frequent monitoring



Nutrition gap

Nutritional



Nutritional Therapy - Oral intake vs requirement

Supplementation

100 % 75 % Food and Oral Nutritional

25 % 50 % **Oral Nutritional Supplementation** and/or Tube Feeding

0 % **Tube Feeding**

Close the nutritional gap

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Depending on tolerance and gastrointestinal function supplemental or total parenteral nutrition can be used

References: 1. The International Declaration on the Human Right to Nutritional Care. https://www.espen.org/files/Vienna-Declaration-2022.pdf. 2. Serón-Arbeloa C, et al. Nutrients. 2022 Jun 9;14(12):2392. doi: 10.3390/nu14122392. 3. Visser J, et al. Clin Nutr ESPEN. 2024 Oct;63:121-132. doi: 10.1016/j.clnesp.2024.06.015. 4. Blaauw R, et al. Nutrients. 2019 Aug 30;11(9):2028. doi: 10.3390/nu11092028. 5. Prado CM, et al. Clin Nutr. 2022 Oct;41(10):2244-2263. doi: 10.1016/j.clnu.2022.07.041. 6. Muscaritoli M, et al. Clin Nutr. 2023 Aug;42(8):1475-1479. doi: 10.1016/j.clnu.2023.05.013.