


Better Nutrition, Better Outcomes




Malnutrition is common and costly¹⁻³



10% people who require care from a GP are at risk



35% of people in nursing homes are at risk








Healthcare costs are **x3 times higher** in malnourished patients



Malnutrition leads to **greater healthcare use**, increased GP visits & prescription costs

Did you know? Poor nutrition impacts on patient outcomes⁴

-  Increased **risk of falls, infections** and **complications**
-  Impaired **immune response**
-  **Delayed wound healing and recovery** from illness/surgery
-  **Reduced muscle** strength and frailty
-  Reduced **quality of life**

WHAT YOU CAN DO?

Early identification of malnutrition and timely intervention can lead to positive outcomes for both patients and the wider healthcare system.



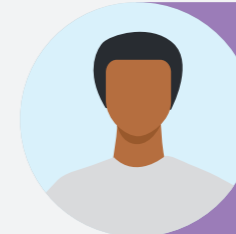
Ask your patients about:



Unintentional weight loss or loose clothing/jewellery, ill-fitting dentures



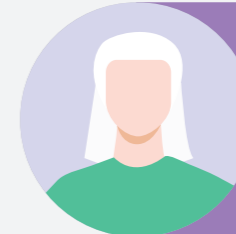
Changes to **appetite/intake** or interest in food



Energy levels and ability to complete every day tasks



GI symptoms, i.e. nausea, vomiting, diarrhoea and/or constipation



If you are concerned about your patient's nutrition, refer to a dietitian. Where dietetic services are unavailable, initiate early nutrition intervention as appropriate. For further information and support, scan the QR code below.



Scan here.
For more information.

Use phone to scan the QR code for more information



Brought to you by:



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References: 1. Rice N, Normand C. The cost associated with disease-related malnutrition in Ireland. Public Health Nutr. 2012 Oct;15(10):1966-72. 2. Understanding Malnutrition | Irish Society for Clinical Nutrition & Metabolism [cited July 2022]. Available from: <https://irspen.ie/malnutrition/understanding-malnutrition/> 3. Stratton RJ et al. Managing malnutrition to improve lives and save money. BAPEN, 2018. Available from: <https://www.bapen.org.uk/resources-and-education/publications-and-reports/malnutrition> 4. Gandy 2019. Manual of Dietetic Practice 6th Ed. Wiley-Blackwell on behalf of the BDA.

This information is intended for Healthcare Professionals only.