

Better Nutrition, Better Outcomes



Malnutrition is common and costly¹⁻³



1 in 3 patients admitted to hospital are at risk



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



Malnutrition leads to **greater healthcare use**, like increased hospital admissions and length of stay

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**

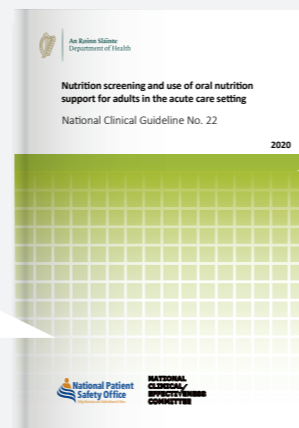
WHAT YOU CAN DO?



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



All hospital inpatients on admission should be nutritionally screened. Screening should be repeated weekly for inpatients.

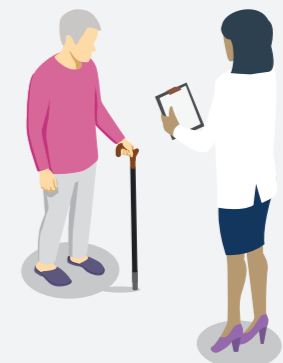


National Clinical Guideline No.22⁵



Healthcare professionals should consider using oral, enteral or parenteral nutrition support, alone or in combination, for people who are either malnourished or at risk.

Malnourished or at risk patients should be referred to a dietitian.



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. <https://www.bapen.org.uk/resources-and-education/publications-and-reports/malnutrition> 4. Gandy 2019. Available from: <https://www.bapen.org.uk/resources-and-education/publications-and-reports/malnutrition> 5. Department of Health (2020). Nutrition screening and use of oral nutrition support for adults in the acute care setting. (NCEC National Clinical Guideline No. 22).

This information is intended for Healthcare Professionals only.

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