Nutrition support team development workshop: overview
Why a nutrition support team?

- *In hospital practice malnutrition is common, but is often under-diagnosed and under-treated*
- *Screening for nutrition risk should be routine for all patients*
- *Those screened at risk may need more detailed assessment and should have an appropriate nutrition care plan*
- *Appropriate nutritional support improves outcome and accelerates recovery*

*Butterworth ’74, Bistrian ’76, McWhirter ’94, Allison ’99, Elia ’00, Waitzberg ’01, Stratton ’03*
## Hospital malnutrition: Philippines

<table>
<thead>
<tr>
<th>Hospital</th>
<th>BMI &lt; 18.5</th>
<th>BMI &gt; 30</th>
<th>SGA “C”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marikina, Rizal</td>
<td>38%</td>
<td>15%</td>
<td>-</td>
</tr>
<tr>
<td>Lipa City, Batangas</td>
<td>48%</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Quezon City</td>
<td>22%</td>
<td>20%</td>
<td>-</td>
</tr>
<tr>
<td>Manila</td>
<td>-</td>
<td>-</td>
<td>42%</td>
</tr>
</tbody>
</table>

- Amang Rodriguez Medical Center ($n = 61$)
- Mary Mediatrix Medical Center ($n = 2,345$)
- St. Luke’s Medical Center ($n = 41,676$)
- Philippine General Hospital ($n = 151$)
Malnutrition, nutrition support, and mortality

Increased Mortality

Malnutrition and cost

Cost per Patient (Phil Peso)

Risk of Malnutrition
No Risk of Malnutrition

Adapted from Reilly J et al. JPEN 1988
Nutrition Support Process

Admission

Patient Screening

Patient Assessment

Development of Nutrition Care Plan

Implementation of Nutrition Care Plan

Patient Reassessment and Updating of Nutrition Care Plan

Patient Monitoring

Evaluation of Care Setting

Termination of Therapy

Discharge Planning

Goals Achieved

Progressing Towards Goals

In Patient Care No Longer Required

Not at Risk

At Risk

ASPEN Board of Directors – Standards of nutrition support for hospitalized patients
The PHILSPEN challenge: status of nutrition support programs and teams (y2005)

LUZON   915
- dietitian present 460 (50%)
- NST needed 58 (13%)
- NST active 6 (14%)

VISAYAS  247
- dietitian present 157 (64%)
- NST needed 18 (7%)
- NST active 0 (0%)

MINDANAO  493
- dietitian present 203 (41%)
- NST needed 7 (1.5%)
- NST active 0 (0%)

NST active = 6/83 (7%)
Total hospitals: 1,655
Proposed cooperative venture

PHILSPEN

INDUSTRY

INSTITUTION

FUNCTIONING CLINICAL NUTRITION PROGRAM
Sustainability

Hospital administration

Clinical nutrition program (underweight/obese)

- Reimbursement
  - Insurance
  - Government
- All facets
  - Service
  - Education
  - Research
  - Advocacy
- Medical / nutrition industry

Nutrition support practice group

Home Nutrition

Nutrition support fellowship training program (2 years)
Master of science in clinical nutrition (33 units)

> PHILSPEN
> Philippine Board of Clinical Nutrition