

# Adult Malnutrition Across the Continuum of Care

**Rya Clark, RDN, LD, CNSC, MBA Candidate 2021**  
Certified RPI Six Sigma Greenbelt  
Clinical Nutrition Manager, TIRR Memorial Hermann  
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- Primary Investigator: Exploring the Impact of Oral Nutrition Supplement Use and Duration of Therapy on Wound Healing” (Funding Source: Abbott)

*The opinions reflected in this presentation are those of the speaker and independent of Nutricia North America*

## □ Learning Objectives:

- Discuss prevalence and risk factors for malnutrition in older adults and the interrelationship of frailty and food insecurity.
- Identify barriers, including challenges unique to the COVID-19 pandemic, and solutions to properly identify malnutrition in adults across the continuum of care settings.
- Explore components of best practice in adult malnutrition management tailored to all care levels across the care continuum.
- Recognize red flags where supplemental nutrition or other interventions should be considered in the dietary management of protein-energy malnutrition.

# Before We Get Started



My goal is to reframe the malnutrition conversation from a healthcare strategy perspective.



Let's make this interactive so I can tailor the webinar to your learning needs.



Participate in the polling questions; interact in the chat box when I ask questions.



We will have Q&A at the end. Enter your questions into the Q&A box. 😊

## □ 9 years ago...

Practice Guideline > [JPEN J Parenter Enteral Nutr.](#) 2012 May;36(3):275-83.

doi: [10.1177/0148607112440285](#).

### **Consensus statement: Academy of Nutrition and Dietetics and American Society for Parenteral and Enteral Nutrition: characteristics recommended for the identification and documentation of adult malnutrition (undernutrition)**

Jane V White<sup>1</sup>, Peggi Guenter, Gordon Jensen, Ainsley Malone, Marsha Schofield,  
Academy Malnutrition Work Group; A.S.P.E.N. Malnutrition Task Force; A.S.P.E.N. Board of Directors

# Malnutrition Framework

Malnutrition risk is quickly identified

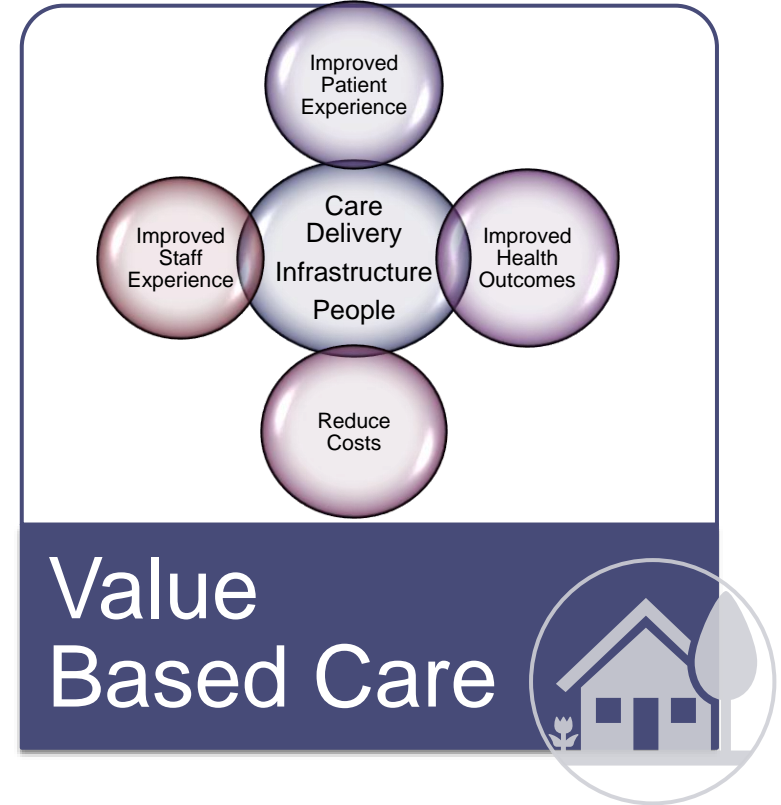
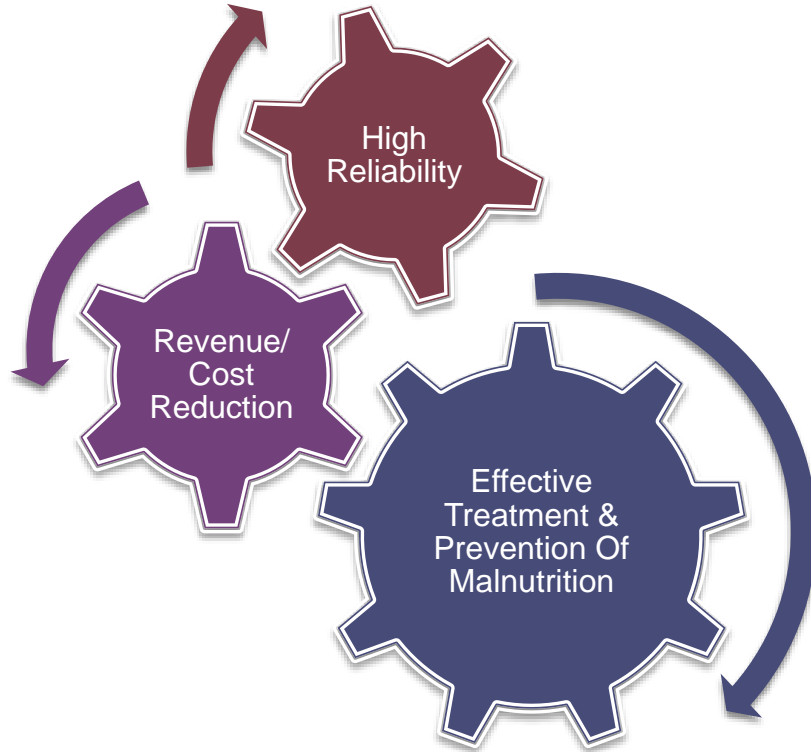
Malnutrition is coded as a dx

Comprehensive nutrition care plan implemented within 48 hours of malnutrition ID

Each interdisciplinary care team clinician executes nutrition care plan.




# Strategic Alignment



# Why Focus on Older Adults?

## Healthcare Strategy Perspective

- Healthcare jobs
  - 2019-2029 Projected 15% 
  - RN 7%
  - RD 8%
  - PA, NP, PT/OT/RT 18-45%
- Key Drivers:
  - Largest Baby Boomer generation turned 65 in 2011
  - By 2030 older adults will represent 21% of U.S. Pop
    - (5% increase over 2018)
  - Shift to preventive care
    - 5 of 8 top causes of death for 65+ diet-modifiable chronic diseases

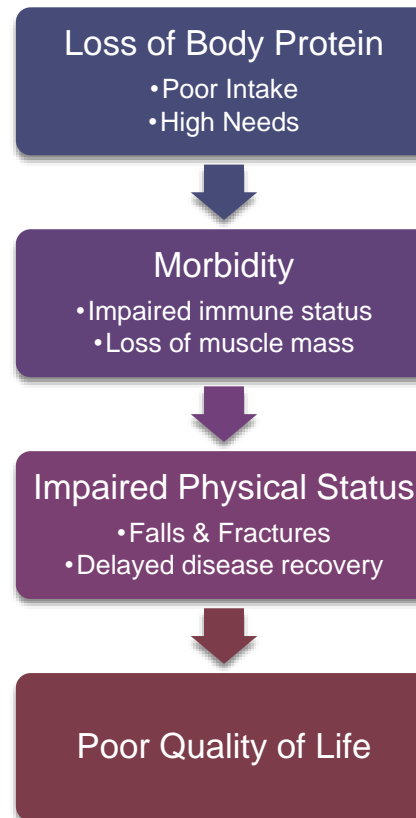
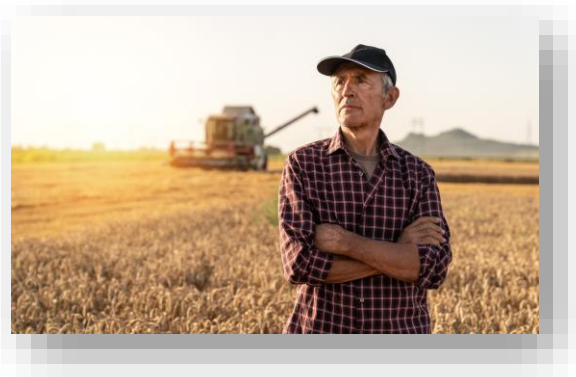




# Why Focus on Older Adults?

## Patient Perspective

- Poor nutrition prevents healthy aging
  - 1 in 3 65+ adults living in community at risk of malnutrition
- 3 out of 4 adults 50+ want to “Age in Place”



# Malnutrition Prevalence 55-65+

## Variation in Prevalence

- Definition of Malnutrition
- Screening Tool Used
- Care Setting Studied

## Meta-Analysis MNA® Assessment

- Community 3%, Outpatients 6%, Home-Care Services 9%
- Nursing Homes 17.5% LTC 29%, Rehab 29%
- Hospital 22%



# What's Frailty?



Frailty increases susceptibility to minor problems having major impacts on

- Health
- Quality of Life
- Independence

Estimated 59% of older adults are frail.



# How is Frailty Diagnosed (and by Who)?

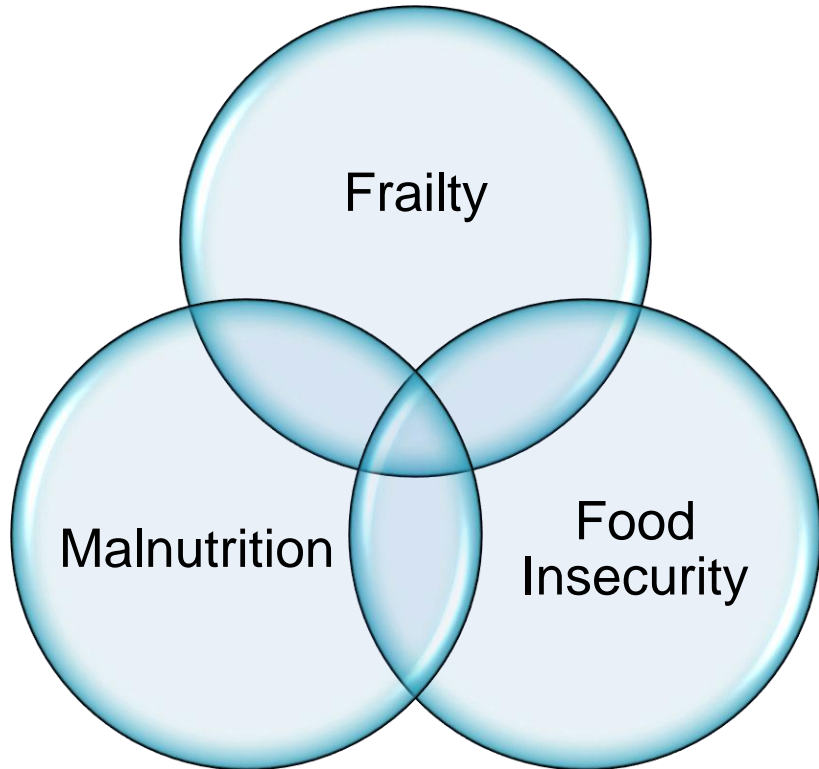
## Fried Frailty Index (FFI)

- Frailty ( $\geq 3$  criteria)
- Pre-Frailty (1-2 criteria)
- No Frailty (0 criteria)

## Criteria:

- Unintentional weight loss
- Self-Reported exhaustion
- Low physical activity
- Slow walking time
- Weak hand-grip strength

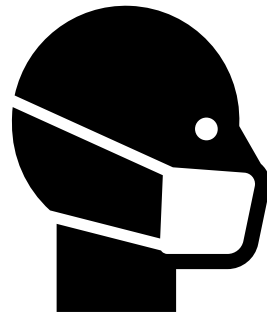




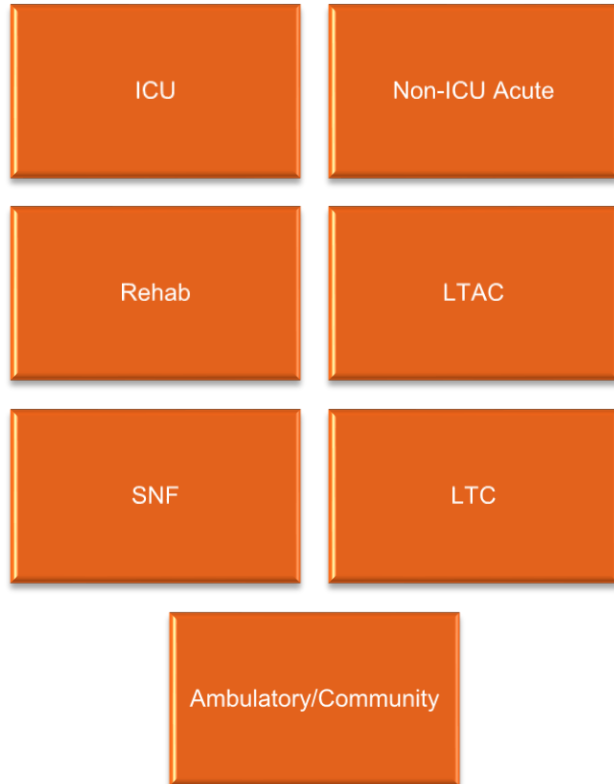
## □ Risk Factors

- Annual Income <\$50k
- $\geq 4$  Chronic Conditions
- $\geq 3$  limitations in ADLs
- +Depression or Anxiety

# COVID-19 & Malnutrition Dx



# Barriers to Malnutrition Dx



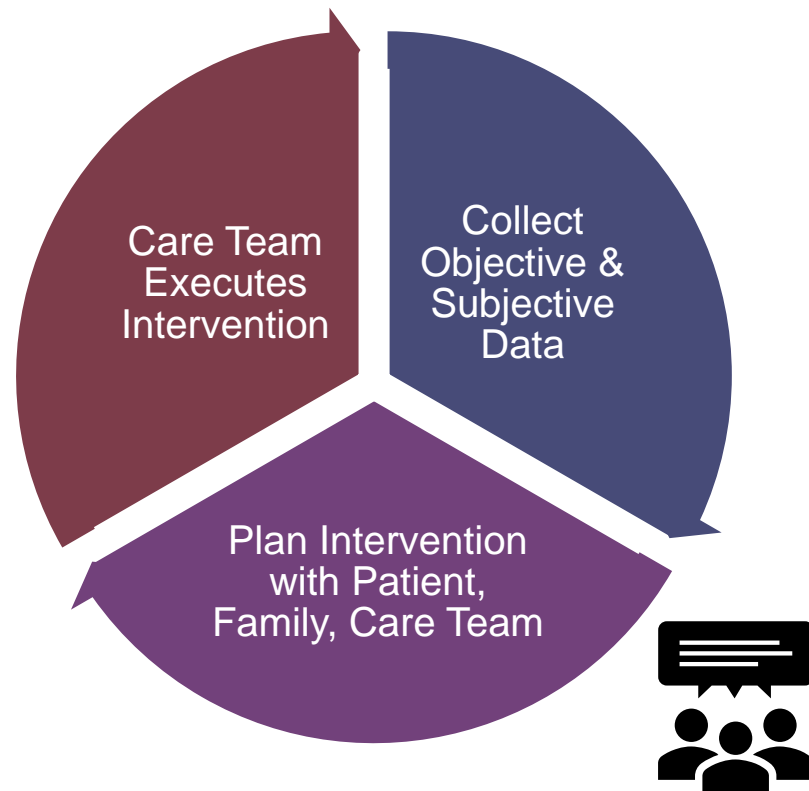
# Unique COVID Challenges: Malnutrition Dx

- NFPE
- Nursing Care Prioritization/Bundling
- Workflow from Non-COVID to COVID Rooms
  - “Cold to Hot”
- No historians
  - Establishing baselines
    - Weight
    - PO intake

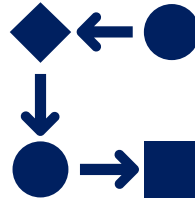


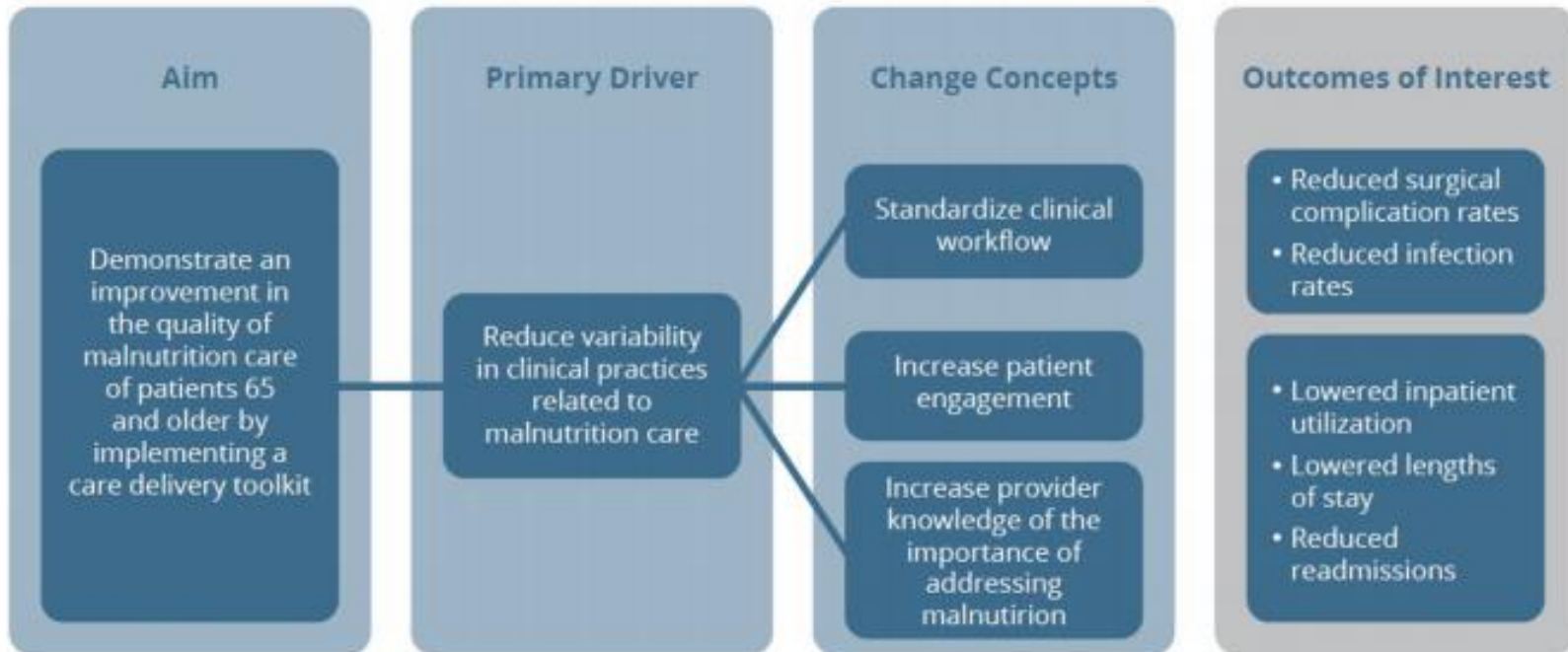
# Solutions to Malnutrition Dx

- Can you perform these functions virtually?
- Phone and Phone + Video effective at delivering malnutrition-related interventions to older adults in the community:
  - Improved protein intake by 0.13g/kg (p=0.03)
  - Improved QOL (p=0.01)

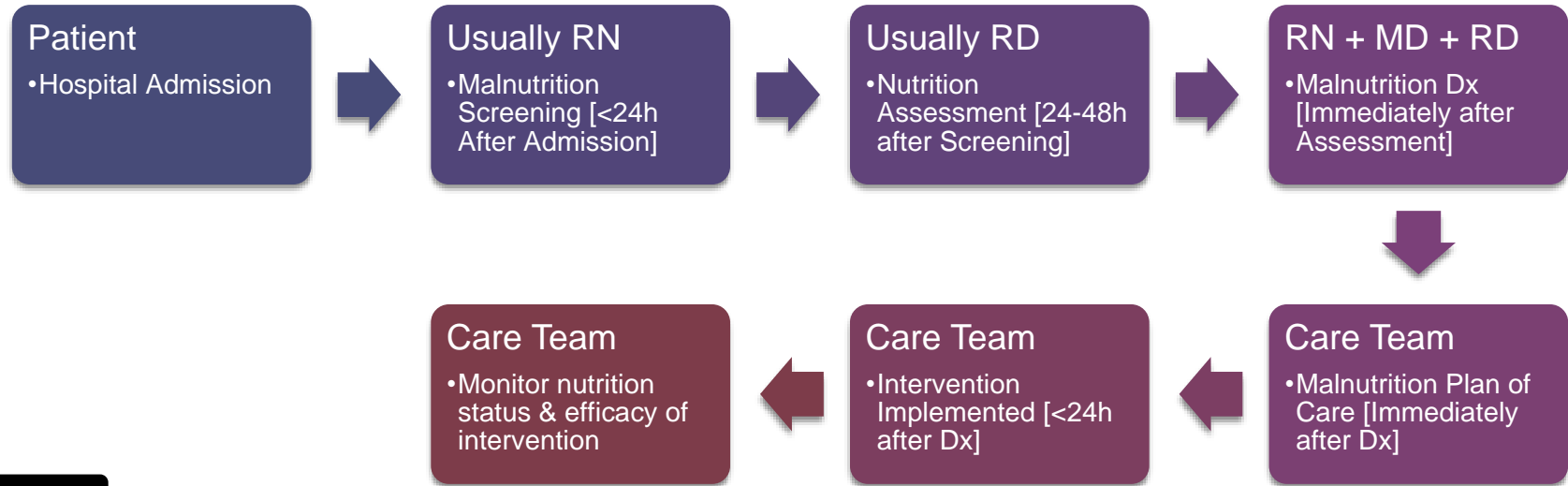


# Malnutrition Care Best Practices





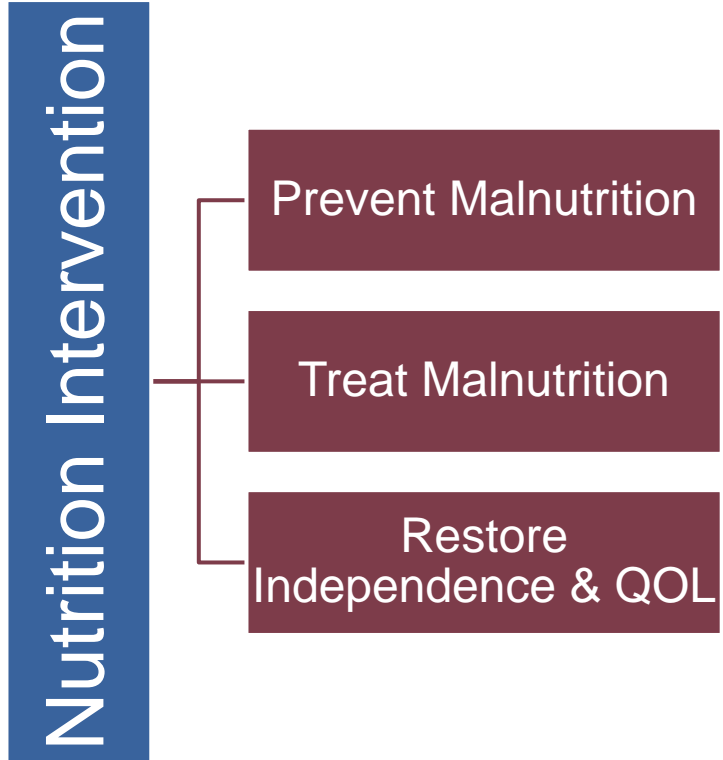
# MQii™ Framework



# When is Intervention Appropriate?



# Intervene To...



- Ultimate goal of intervention should facilitate improved HR-QOL
  - ▣ Restore food intake whenever possible
    - Support/coping in place when not possible



# Etiologies

## Decreased food intake

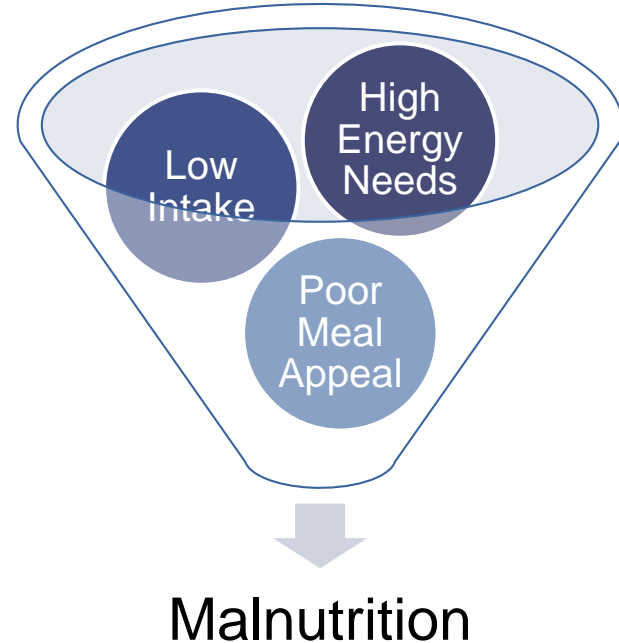
- Acute or chronic disease
- Loss of taste and smell
- Poor oral health
- Chewing/swallowing difficulties
- Pharmacological side effects
- Cognitive limitations
- Isolation, loneliness, depression

## Increased energy needs

- Acute illness

## External factors

- Meal quality
- Meal ambience





# Red Flags (aka Risk Factors)

Functional Dependence

Frailty

Presence of Disease

Dementia

Any Decrease in Food Intake in Older Adult (55-65+)

# Take Action: Prevent & Treat Malnutrition



- Always:
  - Keep diets liberal
  - Collaborate with RN, PT/OT, SLP, Geriatrician/SW/Neuropsych
  - Encourage exercise & activity (as feasible)
- Increased energy and protein needs
  - Liquid supplementation
- Social support: address loneliness & isolation
  - Post-Acute/Residence:
    - Congregate Dining
    - Feeding Assistance
- Pharmaceutical: address underlying level of alertness, depression, consider appetite stimulant
- Unable to consume PO due to acute disease burden or longer-term dysfunction
  - EN or PN

- Nutrition  
Supplementation +  
Exercise
  - Significant gain in **muscle mass** in healthy, overweight, and sarcopenic older persons.
- ONS before/after hip fracture surgery
  - Significantly **reduced unfavorable outcomes**
    - Complications
    - Death

- Academy & MQii: Implement Malnutrition Care Best Practices and Adopt eCQMs
  - [malnutritionquality.org/mqii-toolkit/](https://malnutritionquality.org/mqii-toolkit/)
- ASPEN Clinical Resources, Caring for Patients with Coronavirus
  - [www.nutritioncare.org/Guidelines and Clinical Resources/Resources for Clinicians Caring for Patients with Coronavirus/](https://www.nutritioncare.org/Guidelines%20and%20Clinical%20Resources/Resources%20for%20Clinicians%20Caring%20for%20Patients%20with%20Coronavirus/)
- ASPEN Practice Tool: Protein Supplementation in LTC: When & Why it is Appropriate
  - [www.nutritioncare.org/uploadedFiles/Documents/Malnutrition/MAW\\_2020/Protein-Supplement-For-Long-Term-Care-Patients.pdf](https://www.nutritioncare.org/uploadedFiles/Documents/Malnutrition/MAW_2020/Protein-Supplement-For-Long-Term-Care-Patients.pdf)

# Clinical Practice Resources

## ❑ ASPEN Malnutrition Solution Center

Link: [www.nutritioncare.org/Guidelines\\_and\\_Clinical\\_Resources/Malnutrition\\_Solution\\_Center/](http://www.nutritioncare.org/Guidelines_and_Clinical_Resources/Malnutrition_Solution_Center/)

- ❑ Practice Tool, Pathways, Infographics, Tip Sheets
- ❑ Provider Slide Decks, Webinar archives, On Demand Videos
- ❑ Screening Tools & Resources, JPEN Tutorials

## ❑ Academy Clinical Malnutrition, Practice Resources

Link: <https://www.eatrightpro.org/practice/practice-resources/clinical-malnutrition>

- ❑ Malnutrition Quality Measures
- ❑ EAL, Nutrition Care Manual,

## ❑ Defeat Malnutrition Today

Link: <https://www.defeatmalnutrition.today/resources/>

- ❑ Infographics, Toolkits, Webinars, Clinical Publications
- ❑ Policy Actions & Updates

# CE Certificate Instructions

## To receive your CE certificate:

- 1) Complete the webinar survey at: <https://www.surveymonkey.com/r/Malnutr521>
- 2) Once webinar code is obtained, visit [www.NutriciaLearningCenter.com](http://www.NutriciaLearningCenter.com) and click on 'CE Credit Request'

\*\*If you have not previously registered for NLC, you will need to register to obtain your CE certificate

- 3) Enter the webinar code obtained
- 4) Certificate will be visible for download on your NLC dashboard



Webinar Survey



For assistance or questions:  
[NutritionServices@Nutricia.com](mailto:NutritionServices@Nutricia.com)  
or 1-800-365-7354 (option #2)

# Thank you!

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