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Poster Abstract

## Multidisciplinary consensus on malnutrition in chronic patients with complex needs (CPCN)

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## Abstract

**Introduction:** Patients with complex chronic conditions show a high prevalence of malnutrition, which is associated with increased morbidity and mortality. It is necessary to establish a strategy for the prevention and management of nutritional care in the community setting.

**Objective:** To identify effective and feasible proposals on nutritional policies and professional practices aimed at ensuring good nutritional status of CPCN, to generate a consensus document on tackling malnutrition in these patients.

**Targeted Population:** Chronic patients with complex needs

**Highlights** (Innovation, Impact And Outcomes): We performed a systematic process of professional consensus based on a nominal group of experts from various scientific societies, incorporating the vision of social services and public health. The prioritized proposals were validated later by a nominal group of nurses from hospital and primary care, referents in nutrition.

The relevance and feasibility of the proposals were evaluated in order to get a decalogue of actions to tackle malnutrition in CPCN. The decalogue was argued in two consecutive focus groups: with social services professionals, and with patients and caregivers, in order to enrich and agree the proposals.

**Results:** Of the 25 proposals identified by the experts, the prioritization exercise / validation has allowed the identification of 10 priority actions: awareness / training professionals, evaluation of risk factors for malnutrition, accessible dietetic advice, assessment of dysphagia in risk population and operational information across the shared medical history of Catalonia. As a differential point, the expert group prioritized the training of nurses and caregivers and the monitoring of anthropometric measures, and the expert group set different goals for CPCN, and prioritized to encode malnutrition. Both the group of social workers and the patients /caregivers believe that the proposals of the decalogue are relevant and necessary.

**Conclusions:** This systematic process of consensus between health and social professionals has identified 10 priority proposals in nutritional policies for patients with complex chronic conditions, emphasizing education and awareness of professionals. This approach will allow us to tackle against malnutrition in chronic patients with complex needs in the community.

## **Keywords**

**malnutrition; nutritional screening; chronic patients; consensus**

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## **PowerPoint presentation**

<http://integratedcarefoundation.org/resource/icic15-presentations>