



EXECUTIVE SUMMARY OF THE PUBLICATION

INDIVIDUALISED NUTRITIONAL CARE FOR DISEASE-RELATED MALNUTRITION: IMPROVING OUTCOMES BY FOCUSING ON WHAT MATTERS TO PATIENTS

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For healthcare professionals only

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“Disease-related malnutrition (DRM) can have profound effects on an individual and their families...” Page 2

“This article considers the merit in adopting an individualised approach to deliver patient centered care in the management of disease-related malnutrition” Page 2



Citation: Holdoway, A.; Page, F.; Bauer, J.; Dervan, N.; Maier, A.B. Individualised Nutritional Care for Disease-Related Malnutrition: Improving Outcomes by Focusing on What Matters to Patients. *Nutrients* 2022, 14(17): 3534. <https://doi.org/10.3390/nu14173534>



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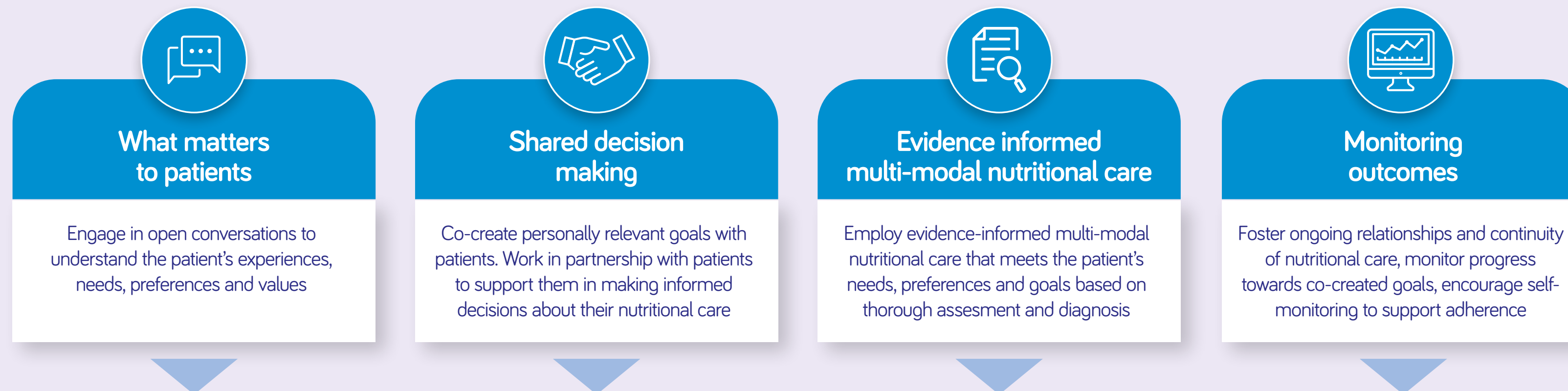
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WHAT IS INDIVIDUALISED NUTRITIONAL CARE?

“Agreement of what constitutes INC, with better descriptions of INC in studies, is needed to facilitate comparisons, and incorporate meaningfully into nutrition guidelines to enable healthcare professionals to implement INC in practice” Page 11

INDIVIDUALISED NUTRITIONAL CARE IS NUTRITIONAL CARE THAT IS TAILORED TO A PATIENT’S SPECIFIC NEEDS, PREFERENCES AND GOALS¹

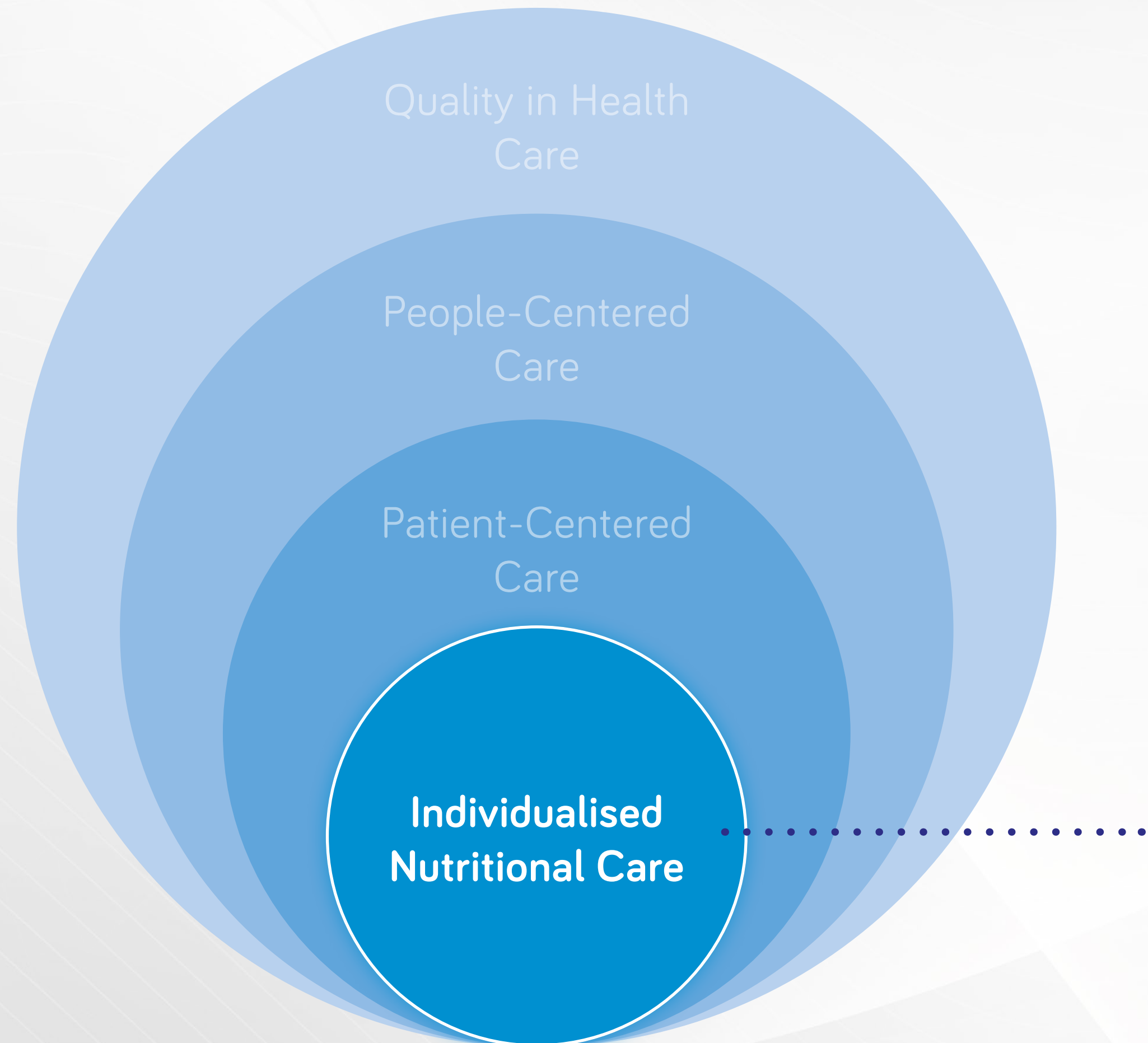
The four key pillars of individualised Nutritional Care are:



Optimal intervention, better adherence, improved outcomes

WHY PROVIDE INDIVIDUALISED NUTRITIONAL CARE

Individualised Nutritional Care helps contribute to quality in health care¹



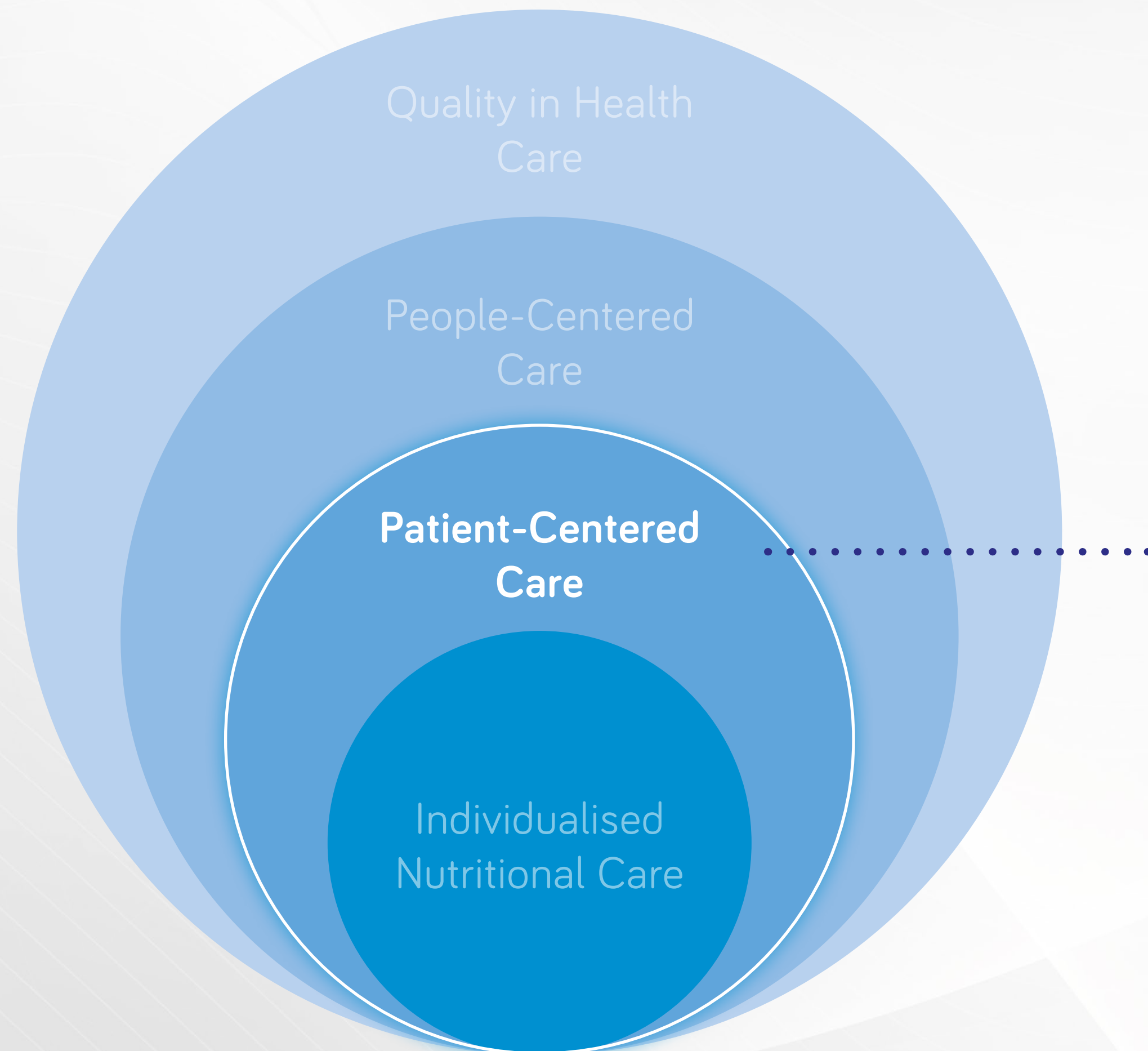
Individualised Nutritional Care (INC) is nutritional care that is **tailored to a patient's specific needs, preferences and goals.**

It is a **way of delivering nutritional care that is patient-centered** and contributes to quality in health care.¹

1. Holdoway et al. Nutrients. 2022;14:1-17.

WHY PROVIDE INDIVIDUALISED NUTRITIONAL CARE

Individualised Nutritional Care Helps Contribute to Patient-Centered Care¹



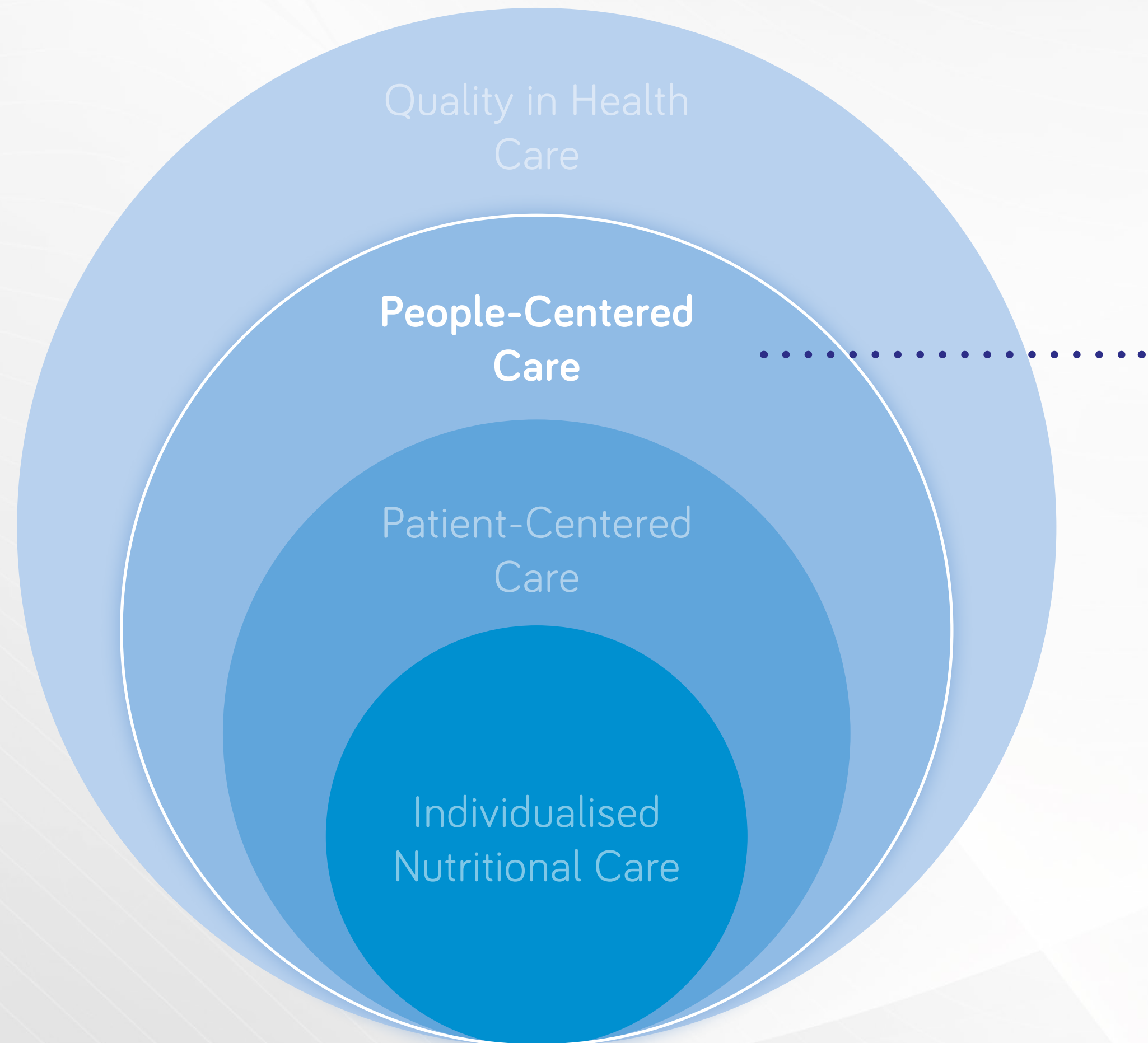
Care that:²

- Meets patient's preferences
- Provides information that is understandable and accessible by patients and carers
- Delivers emotional support where needed
- Addresses the needs of family and friends
- Provides continuity as the patient transitions across care settings
- Offers physical comfort
- Ensures coordination of care

1. Holdoway et al. *Nutrients*. 2022;14:1-17.
2. Kuipers et al. *BMC Health Serv. Res.* 2019;19:1-9.

WHY PROVIDE INDIVIDUALISED NUTRITIONAL CARE

Individualised Nutritional Care Helps Contribute to People-Centered Care³



Care that adopts the perspectives of individuals, carers, families, and communities which is **organized around the needs of people rather than specific diseases.**

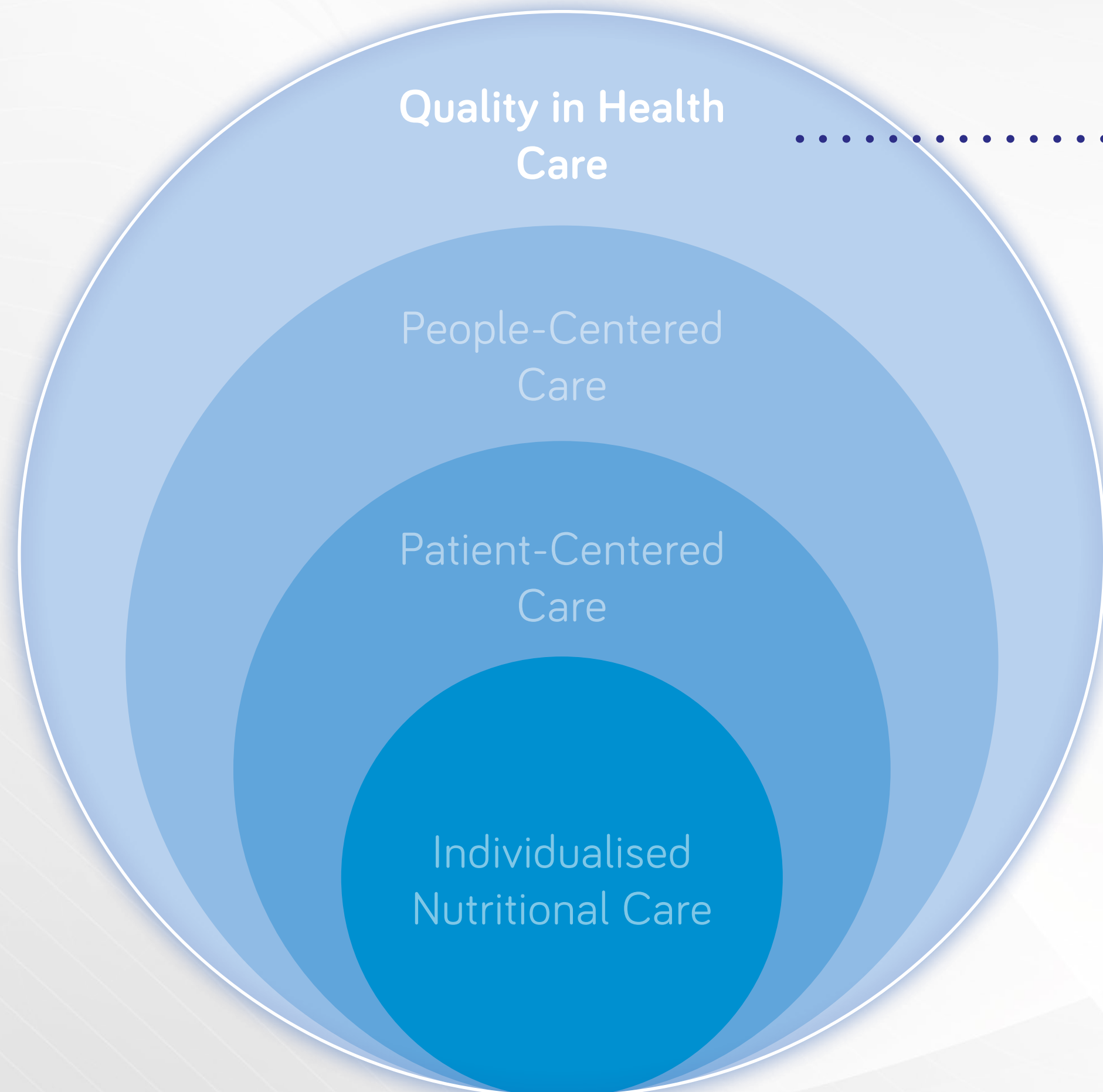
It is wider than patient-centered care since it includes: clinical encounters, consideration of the health of people in their communities and their role in shaping health policy & services.⁴

3. Holdoway et al. Nutrients. 2022;14:1-17.

4. World Health Organization. Continuity and coordination of care: a practice brief to support implementation of the WHO Framework on integrated people-centred health services. 2018.

WHY PROVIDE INDIVIDUALISED NUTRITIONAL CARE

Individualised Nutritional Care Helps Contribute to Quality in Health Care⁵



Effective, safe, people-centered care that responds to individual preferences, needs, values.⁶

5. Holdoway et al. *Nutrients*. 2022;14:1-17.

6. World Health Organization. *Handbook for national quality policy and strategy: a practical approach for developing policy and strategy to improve quality of care*; Geneva, 2018.

WHY PROVIDE INDIVIDUALISED NUTRITIONAL CARE

WHAT

WHY

HOW

WHEN



There have been an increasing number of studies reporting aspects of individualisation to nutritional interventions over the past twenty years.⁷

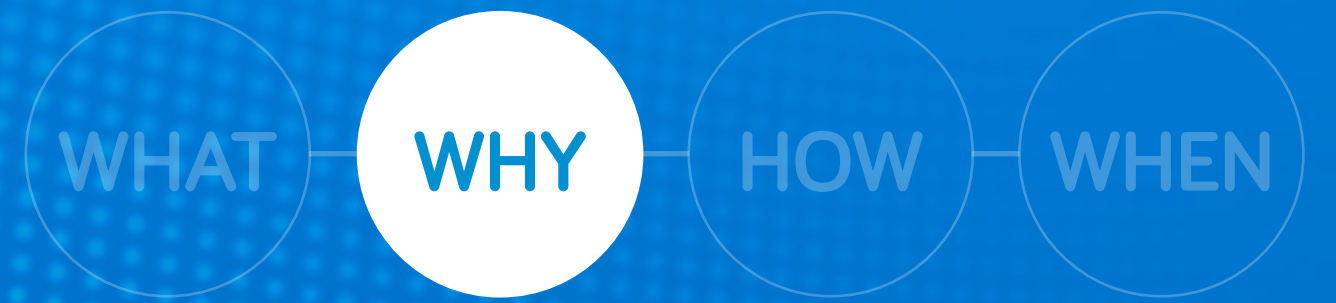


“There is evidence to support the use of INC in practice, but there is a need to further investigate the delivery and outcomes achievable in different patient groups in different care settings.”

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WHY PROVIDE INDIVIDUALISED NUTRITIONAL CARE?



Delivering Individualised Nutritional Care presents an important opportunity to engage patients in their nutritional care.⁷

30 *“INC that meets patient’s needs, preferences, values and goals is a key part of patient centered care”*

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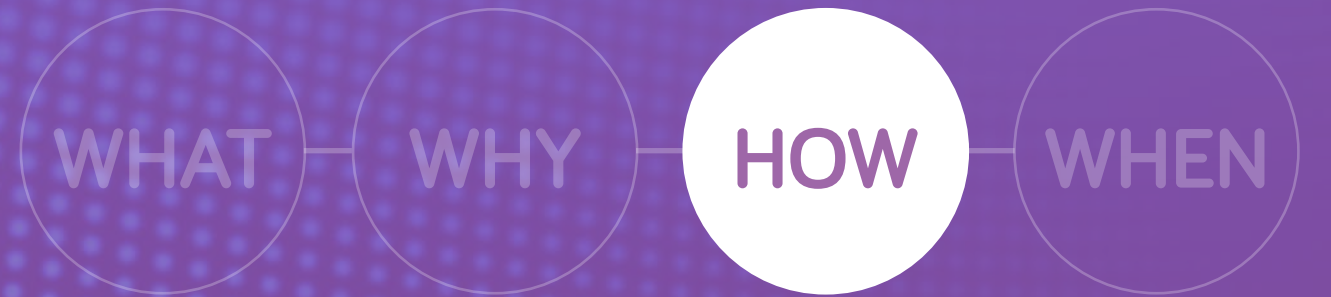
30 *“The aim (of INC) is to support adherence and improve outcomes that matter to patients.”*

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30 *“Identifying patient-centered goals and what matters to patients can help inform the selection of relevant outcome indicators.”*

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HOW TO DELIVER INDIVIDUALISED NUTRITIONAL CARE



The Nutrition Care Process (NCP) was first adopted by the Academy of Nutrition & Dietetics in the United States has been widely adopted or adapted internationally.⁸

Although the NCP is used predominantly by dietitians, the principles can be used by non-nutrition experts or by nutrition experts for training non-nutrition experts.⁹

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“Healthcare professionals may be aware of the benefits of individualising care but universal agreement on the definition and practical support on how to deliver INC in everyday clinical practice is needed.”

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“The NCP is a systematic process used by healthcare professions, predominantly dietitians, to deliver good nutritional care.”

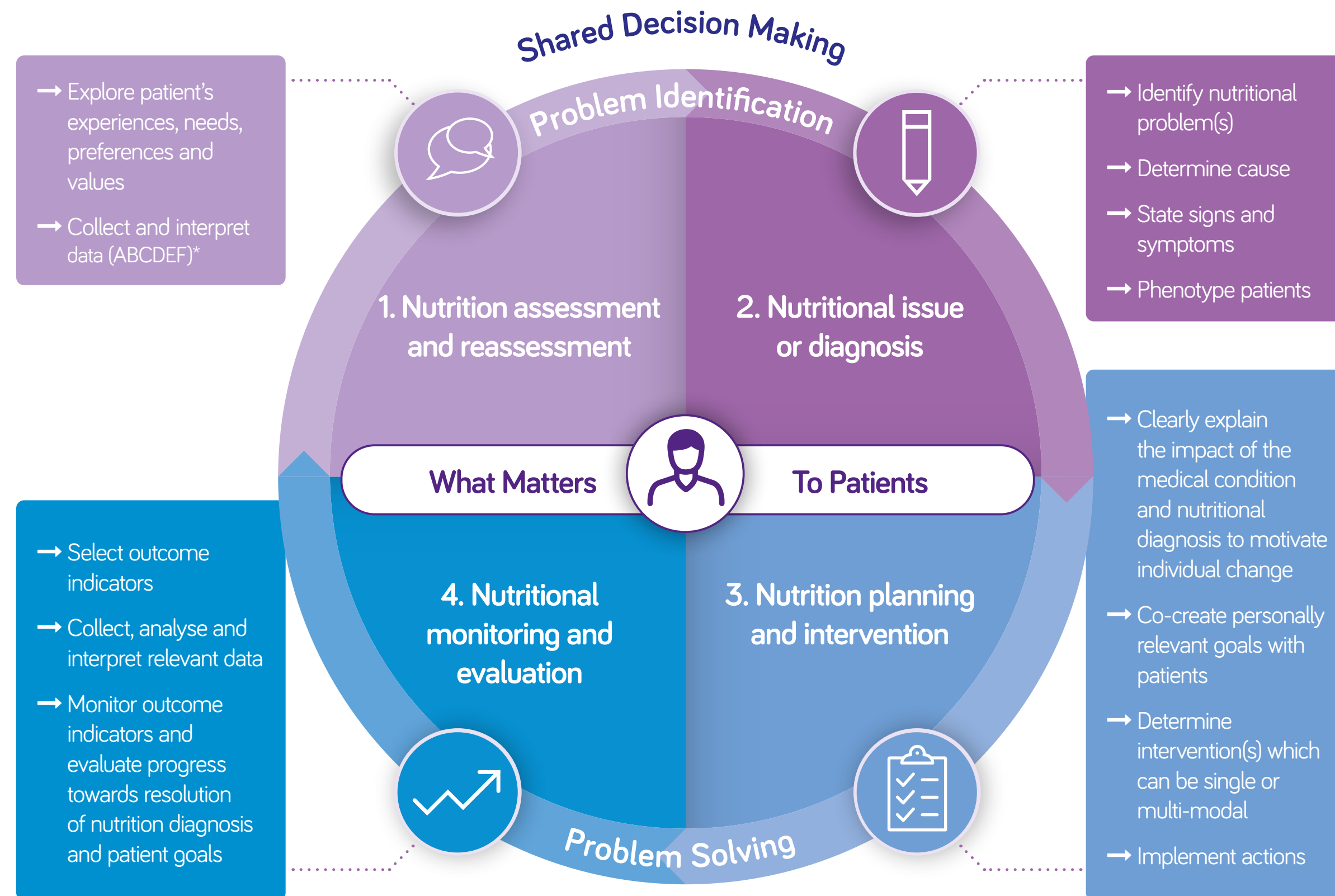
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8. Lacey et al. J Am Diet Assoc. 2003;103:1061-72.

9. Holdoway et al. Nutrients. 2022;14:1-17.

HOW TO DELIVER INDIVIDUALISED NUTRITIONAL CARE

INDIVIDUALISED NUTRITIONAL CARE USING THE NUTRITION CARE PROCESS



*Anthropometric, biochemical, clinical, dietary, environmental, economic, functional.

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“Nutritional care should be evidenced based and individualised across all activities across a Nutrition Care Process: assessment, diagnosis, intervention, and monitoring/evaluation”

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WHEN TO PROVIDE INDIVIDUALISED NUTRITIONAL CARE?

WHAT

WHY

HOW

WHEN

There are opportunities for both nutrition experts and non-experts to provide INC to patients with disease related malnutrition.⁹



“INC can be used for patients in all healthcare settings, from those requiring first line oral nutritional care e.g. nutrient dense meals, drinks and snacks, assistance with eating, monitoring intake and body weight, to complex nutritional care.”

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CONCLUSION AND CALL TO ACTION

33 *“INC can be defined as nutritional care that is tailored to patient’s specific needs, preference, and goals.”*

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33 *“There is evidence to support the use of INC in practice, but there is a need to further investigate the delivery and outcomes achievable in different patient groups in different care settings.”*

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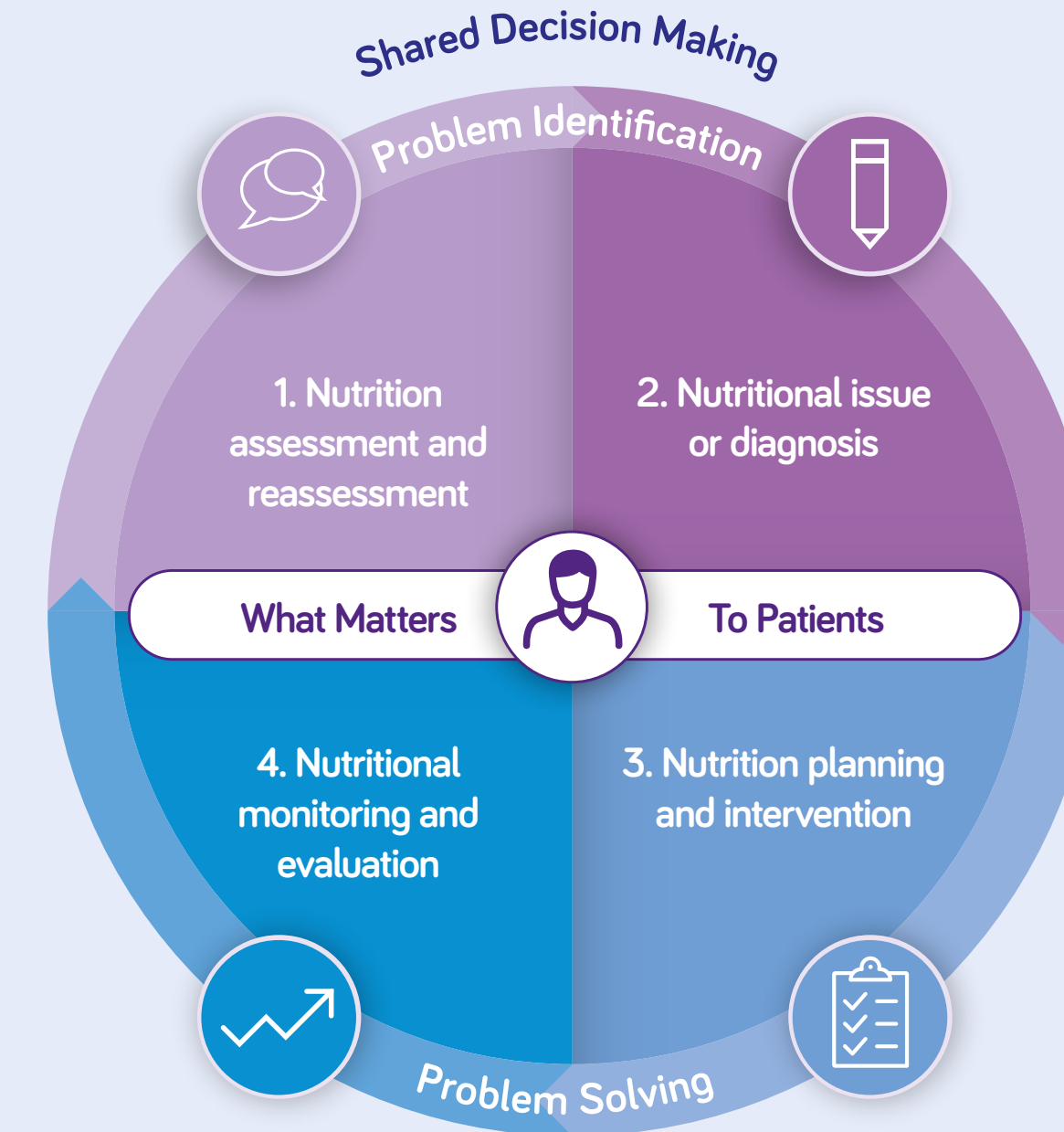
33 *“The NCP offers a practical model for delivery of INC in clinical practice across all healthcare settings by all disciplines and could help healthcare professionals identify and promote measurement of outcomes that matter to patients.”*

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INDIVIDUALISED NUTRITIONAL CARE



DELIVERED THROUGH A NUTRITION CARE PROCESS



Optimal Intervention, Better Adherence, Improved Outcomes

Nutricia is committed to helping healthcare professionals deliver INC to their patients

Visit www.nutricia.com to to learn more about Individualised Nutritional Care