

# Hvad fandt jeg, da jeg ryddede mit kontor?

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# Efficacy of refeeding

Kondrup et al (1996) Z Gastroenterol 34: 26-31

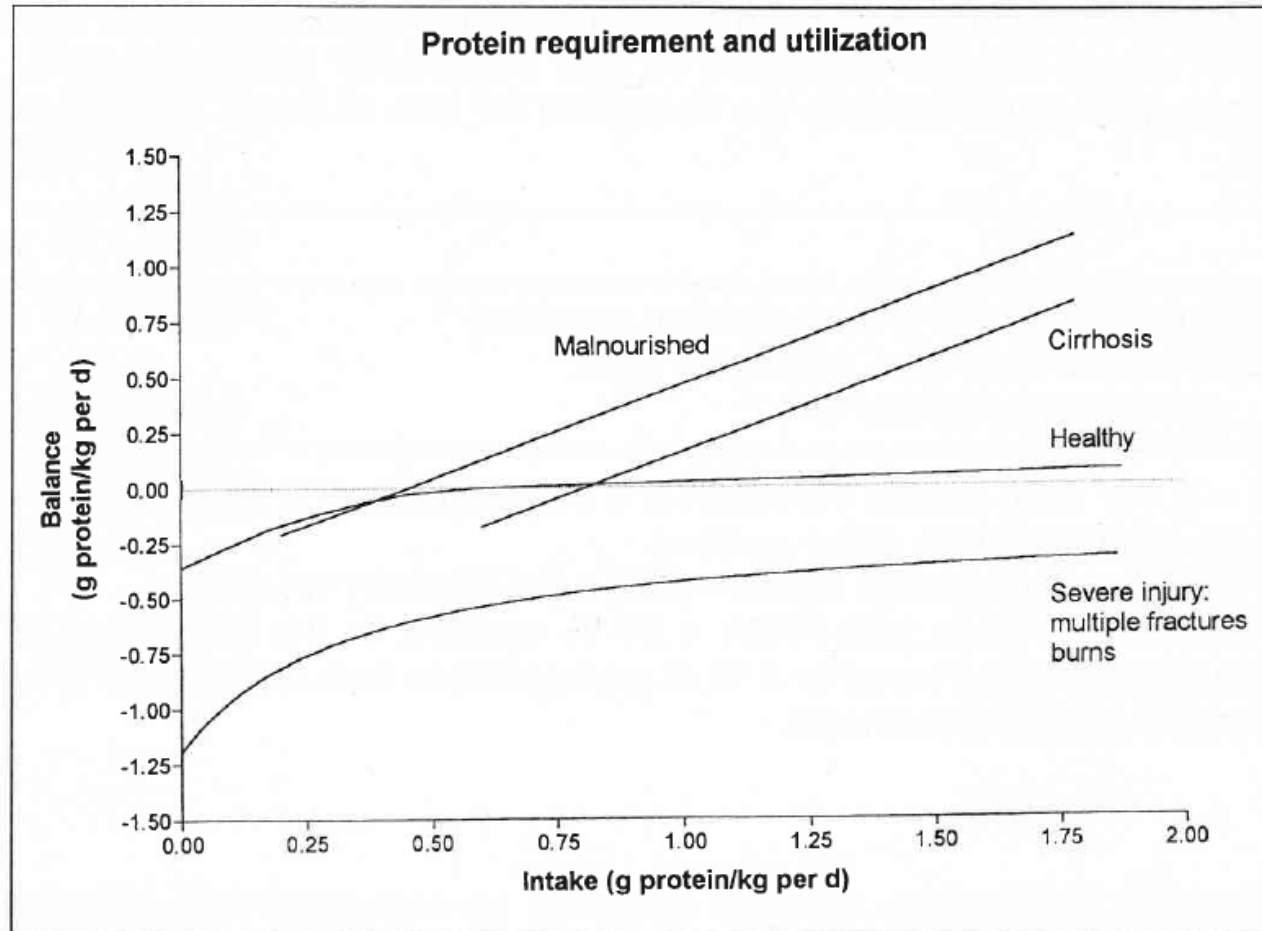
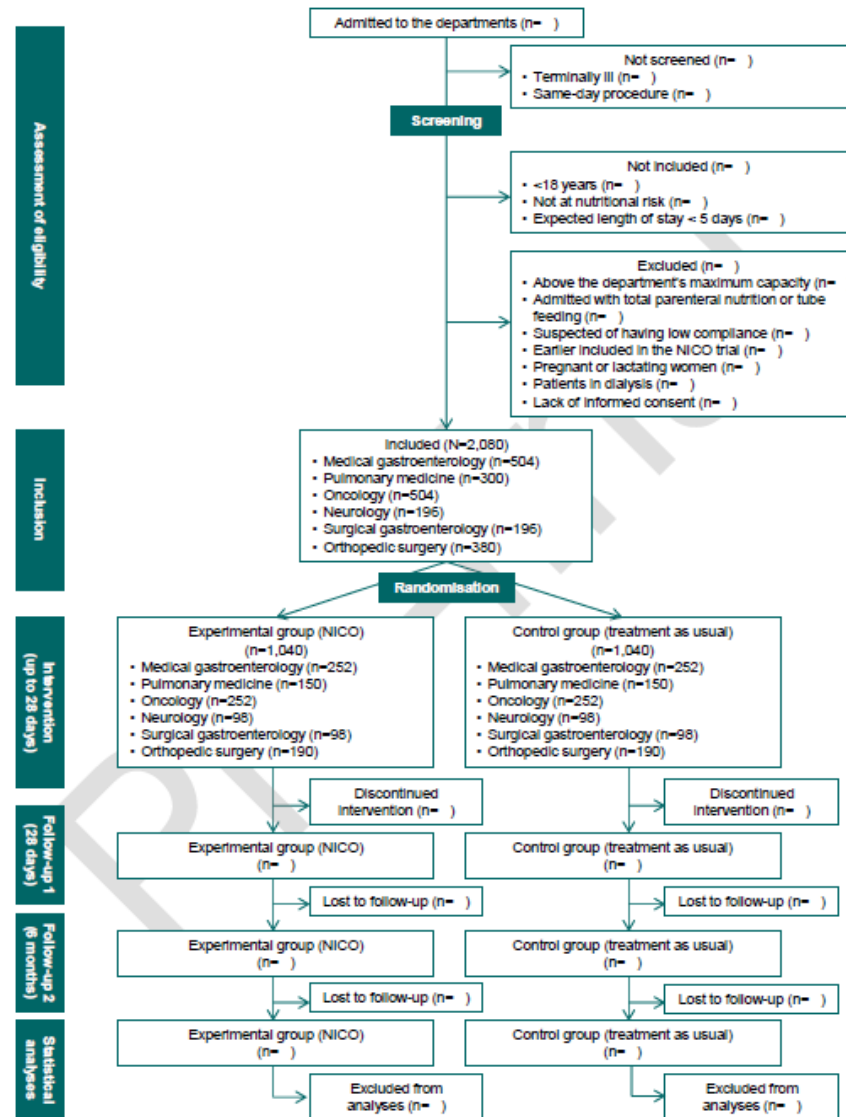


Fig. 2. Protein balance *versus* protein intake for patients with liver cirrhosis (ref. 4) shown in comparison with healthy subjects (ref. 8 & 9), malnourished subjects (ref. 10) and severely injured patients (ref. 11).

- Hvad bestemmer den metaboliske, funktionelle og kliniske effekt af ernæring?
- Både m.h.t. patientens endokrinologi og m.h.t. præparatets sammensætning

### Trial flow chart



# Meta-analyse i NICO protokol

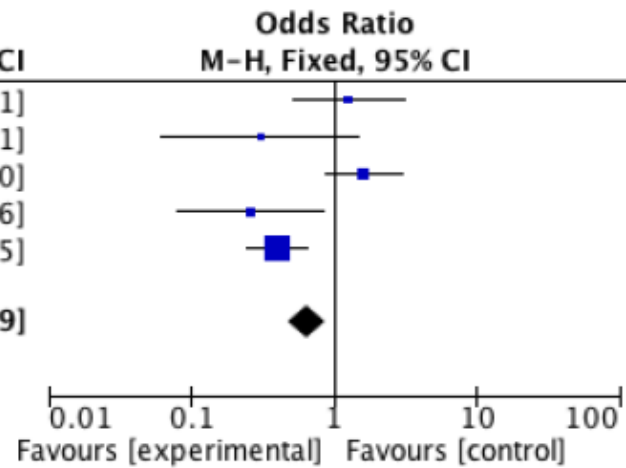
## NICO (Nutritional Intervention and Clinical Outcome)

Figure 1: Meta-analysis, complications

MUST  
SGA  
NRS 2002  
NRS 2002  
SGA

Study or Subgroup	Experimental		Control		Weight	Odds Ratio	
	Events	Total	Events	Total		M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Ha et al. 2010	12	84	10	86	8.6%	1.27	[0.52, 3.11]
Hasse et al. 1994	3	14	8	17	5.8%	0.31	[0.06, 1.51]
Johansen et al. 2003	34	108	23	104	16.3%	1.62	[0.87, 3.00]
Starke et al. 2010	4	66	13	66	12.4%	0.26	[0.08, 0.86]
Wu et al. 2005	31	235	64	233	56.8%	0.40	[0.25, 0.65]
<b>Total (95% CI)</b>		<b>507</b>		<b>506</b>	<b>100.0%</b>	<b>0.65</b>	<b>[0.48, 0.89]</b>

Total events                      84                      118  
 Heterogeneity:  $\text{Chi}^2 = 17.61$ ,  $\text{df} = 4$  ( $P = 0.001$ );  $I^2 = 77\%$   
 Test for overall effect:  $Z = 2.68$  ( $P = 0.007$ )



Høj heterogenitet. Lav kvalitet

# NUTRITION SUPPORT IN HOSPITALISED ADULTS AT NUTRITIONAL RISK. A COCHRANE SYSTEMATIC REVIEW WITH META-ANALYSIS AND TRIAL SEQUENTIAL ANALYSIS

Feinberg et al Abstract ESPEN 2016

- **Methods:** Randomised clinical trials comparing nutrition support of any kind versus control in hospitalised adults at nutritional risk. Any definition of 'nutritional risk' ranging from formally validated definitions to 'trialists opinion'.
- **Results:** 224 randomised clinical trials randomising 28,076 participants. All trials were at high risk of bias. Nutrition support did not significantly reduce mortality. Nutrition support at maximum follow-up significantly reduced SAEs (RR 0.88; 95% CI 0.81 to 0.9; P = 0.003; 22,402 participants; 123 trials).
- **Conclusion:** Overall, nutrition support does not seem to have clinically significant benefits in hospitalised adults at nutritional risk.



## Nordic Nutrition Recommendations 2012

Integrating nutrition and physical activity



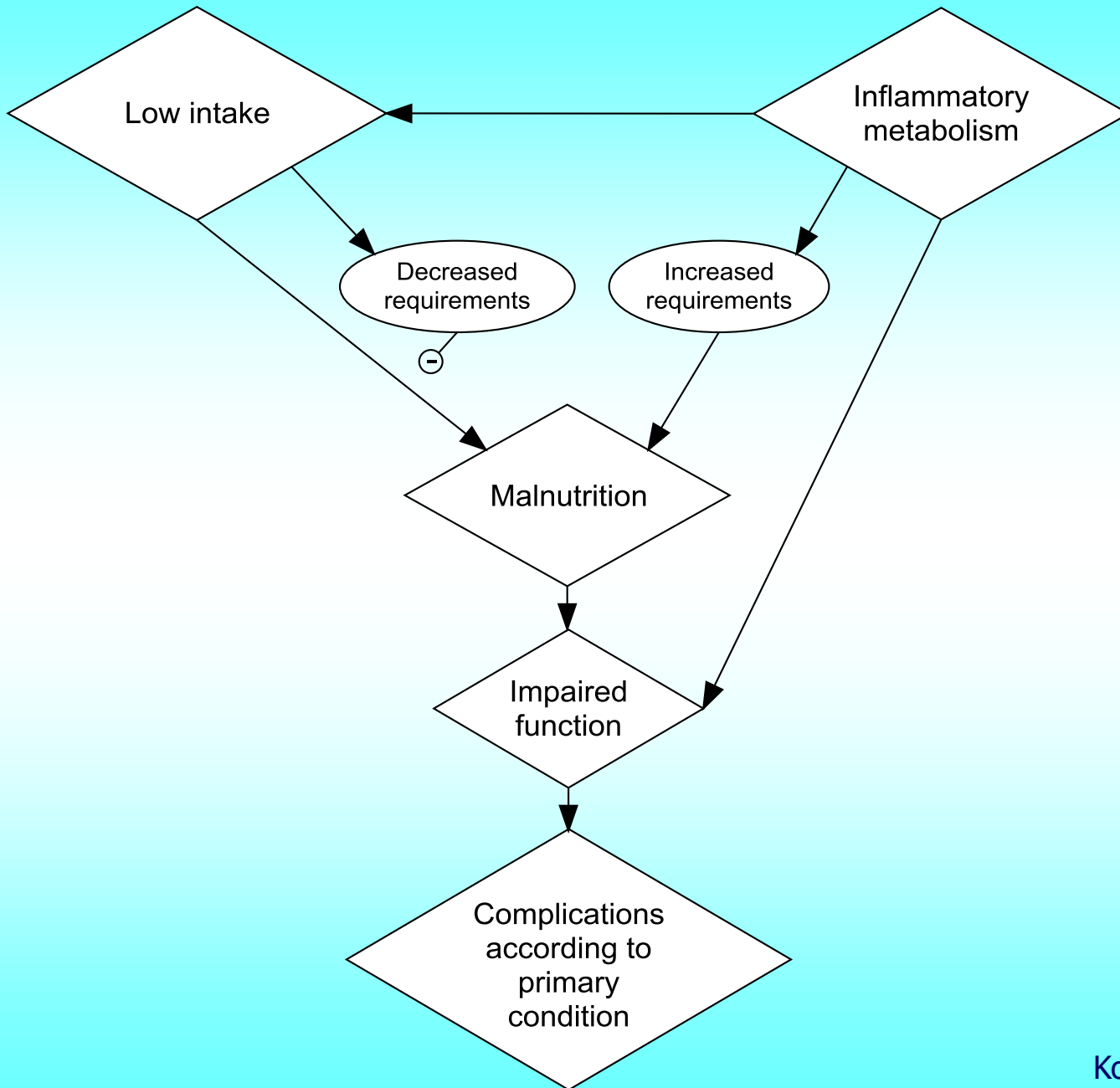
*versus*



**THE COCHRANE  
COLLABORATION**

# Starvation

# Disease





- kun ved trial and error...
- mere af det...
- **uden** genveje

VEJLEDNING TIL LÆGER,  
SYGEPLEJERSKER, SOCIAL-  
OG SUNDHEDSASSISTENTER,  
SYGEHJÆLPERE OG  
KLINISKE DIÆTISTER

Screening og behandling af  
patienter i ernæringsmæssig risiko

Den Danske  
Kvalitetsmodel

DDKM

FAGLIGE ANBEFALINGER  
OG BESKRIVELSER AF  
GOD PRAKSIS  
FOR ERNÆRINGSINDSATS  
**TIL ÆLDRE MED  
UPLANLAGT VÆGTTAB**

...det er ikke nok med

- DSKE
  - Folketingsbeslutning
  - Ministre
  - Styrelser
- 
- fordi offentlige ledere leder som vinden blæser

# Løsning: Netværk

The screenshot shows the website for Landbrug & Fødevarer. The main navigation bar includes 'Aktuelt', 'For medlemmer', 'Tal & analyser', 'Viden om', 'Om os', 'Kontakt', 'English', and 'Medlemslogin'. The current page is 'Aktuelt / Forum for Underernæring'. The left sidebar contains a menu with items like 'Hvad skal vi bruge landet til?', 'Arrangementer', 'Den nye fortælling', 'Publikationer', and 'Forum for Underernæring'. The main content area features an article titled 'Forum for Underernæring' with a sub-header 'Landbrug & Fødevarer huser sekretariatet for Forum for Underernæring, som Dansk Selskab for Klinisk Ernæring, Kost & Ernæringsforbundet og Landbrug & Fødevarer står bag.' Below the text is a photo of an elderly woman. To the right, there is a section for 'Anbefalinger til reduktion af underernæring' with a photo of an elderly woman eating and a 'Læs mere' link. Another section titled 'Publikation om underernæring' shows a book cover with the text 'UNDERERNÆRING Det skjulte samfundsproblem'. A yellow box on the right side of the page says 'Vi bruger cookies'.



DANSKE MULTIDISCIPLINÆRE CANCER GRUPPER

# Forum of disease-related malnutrition

## Other partners: unions

- FOA trade union for public servants, 191.000 members
- Danish Nurses' Organization, 75.000 nurses
- Association of Danish Clinical Dietitians
- Association of Physiotherapists
- Association of Occupational Therapists
- Association of Dental Technicians
- Association of Dental Caregivers

# Forum of disease-related malnutrition: Other partners

- DaneAge Association, 720.000 members
- Danish Cancer Society
  
- Danish Crown (meat products)
- Arla Foods (dairy products)
- Food for Medical Purposes/Danish Center of Commerce
  
- National Food Institute, University
- Copenhagen House of Food: public meals
- Food Culture: better food for everyone
  
- National Board of Health
- National Board of Social Services
- Veterinary and Food Administration

## ...samme hammel

- Hospitaler:  $\geq 75\%$  senest på 4. dagen
- Faglige anbefalinger – successkriterier?
  - ◆ Ved udskrivelse fra hospital til hjemmet
  - ◆ Ved genoptræningsindsatser
  - ◆ Ved hjemmepleje og i plejebolig
  - ◆ Ved praktiserende læge

- Meget er prøvet
- Kun lidt er opnået
- Der er et kæmpe behov for jeres indsats
- ...af høj kvalitet



# NUTRITION SUPPORT IN HOSPITALISED ADULTS AT NUTRITIONAL RISK. A COCHRANE SYSTEMATIC REVIEW WITH META-ANALYSIS AND TRIAL SEQUENTIAL ANALYSIS

Feinberg et al 2016

4.6 Serious adverse events - different screening tools	135	22402	Risk Ratio (M-H, Random, 95% CI)	0.88 [0.81, 0.96]
4.6.1 NRS 2002	4	5064	Risk Ratio (M-H, Random, 95% CI)	1.03 [0.89, 1.21]
4.6.2 MUST	1	124	Risk Ratio (M-H, Random, 95% CI)	1.37 [0.64, 2.92]
4.6.3 MNA	2	117	Risk Ratio (M-H, Random, 95% CI)	0.61 [0.12, 3.18]
4.6.4 SGA	0	0	Risk Ratio (M-H, Random, 95% CI)	Not estimable
4.6.5 Other means	128	17097	Risk Ratio (M-H, Random, 95% CI)	0.85 [0.78, 0.94]