

PREVALENCE OF PATIENTS AT NUTRITIONAL RISK IN A DANISH UNIVERSITY HOSPITAL – USING THE NRS-2002

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Introduction

Disease related malnutrition is strongly associated with poor clinical outcome. Nutritional risk screening and early-individualized support are widely recommended, recently shown by Philipp Schuetz et al.

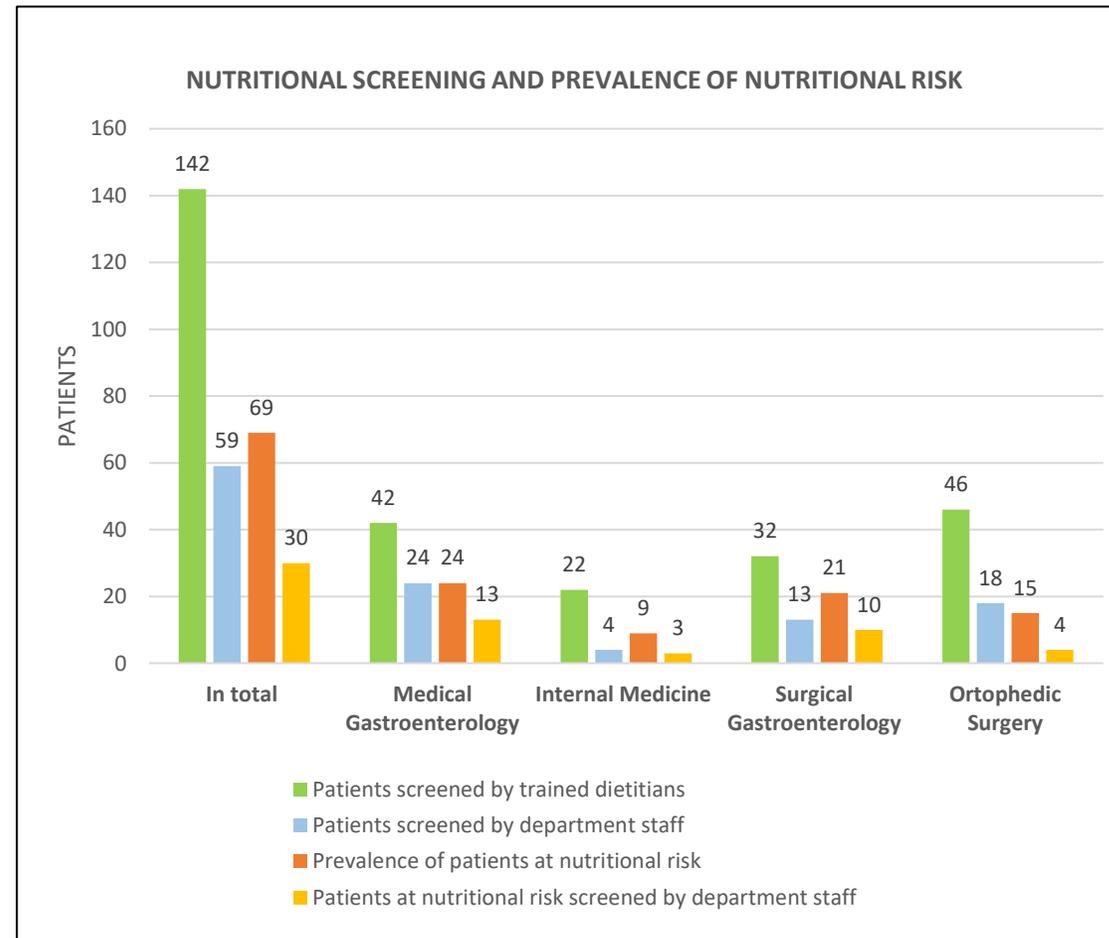
The aim of this study was to investigate the prevalence of nutritional risk among inpatients and the number of patients being screened according to the NRS-2002 screening method.

Methods

All patients in medical and surgical departments were screened by trained clinical dietitians on a given day, irrespective of whether they had been screened by staff of the departments. Nutritional risk was estimated using NRS-2002 method. Descriptive statistics were used.

Results

59 of 142 patients were screened by department staff. A prevalence of 41,5%



Results

In total 142 patients (73 women and 69 men), mean age of 69.3 years (SD±15.6) were screened. Mean BMI was 26.3 kg/m² (SD±5.8). On the day of screening, the patients had been hospitalized for 4.9 days (SD±5.5).

28 of 59 patients (47.5%) screened by department staff were screened correctly and only 30 of 69 patients (43%) at nutritional risk were screened. In 44 of 69 at-risk patients (65.2%) the malnutrition A-score (BMI, weight loss, reduced intake) was determining for the nutritional risk score.

Conclusion

This cross-sectional study confirms a high prevalence of nutritional risk. The departments did not screen systematically nor correct. These findings call for a new strategy to implement routines for systematically nutritional risk screening.

Results

69 of 142 patients were at nutritional risk. A prevalence of 48.6 %

References

Schuetz, P. et al.: Individualised nutritional support in medical inpatients at nutritional risk: a randomised clinical trial. The Lancet (2019)
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