Fight Against Malnutrition: the history of successful struggle
Actions undertaken to Fight Against Malnutrition in Poland

Rationale - Background:
- In late eighties the national survey showed that 30-50% of Polish patients were malnourished at admission and in over 20% that state deteriorates during hospital stay.
- Growing social and economic consequences were observed
  - negative social and economic impact
  - Increase of health care costs

Increasing Numbers of Nutrition Support Teams

<table>
<thead>
<tr>
<th>Year</th>
<th>NST in &lt; 3.5%</th>
<th>NST in &lt; 79%</th>
<th>NST in &gt; 82%</th>
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<tbody>
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<td>1998</td>
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<td>2011</td>
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January 2012: SCREENING FOR MALNUTRITION BECOMES OBLIGATORY ON ADMISSION TO HOSPITAL IN ALL HOSPITALS

Polish Nutrition Day (9th October 2012)
- Number of participating hospitals: 114
- Hospital units: 143 (5280 hospital beds)
- Number of analyzed patients: 1005
- NRS 2002 score 3 or < 3 pkt = 22.7%
- SGa score other than 2= 23.6%

Raising the Awareness

2011, Warsaw: International Fight Against Malnutrition Conference

Medicinal Treatment

January 2013: number of Polish home enteral and parenteral nutrition patients exceeded 3300!

World Wide Web (WWW)

2011: re-launch of POLSPEN website [www.polspen.org]
- Up-to-date information
- Media coverage
- Educational materials from all Polish courses and training
- Links to European activities

Internet and Social Media

Website created in 2005: wwww.polspen.org (over 150 entrées per day)

POLSPEN's fan page on Facebook & account on Twitter

Next Steps

- Reimbursement for DNS
- Complete implementation of ESPEN/POLSPEN guidelines
- Creation of medical specialty in clinical nutrition

Conclusion

Polish experiences prove that Fight Against Malnutrition can be successful and effective.