

Bench to Bedside

Scientific-based nutritional therapy in daily clinical practice



GESKES SSNC

Gesellschaft für Ernährungsmedizin und Metabolismus Schweiz
Société Suisse de Nutrition Clinique et Métabolisme
Società Svizzera di Medicina Nutrizionale e Metabolismo
Swiss Society for Clinical Nutrition and Metabolism

V. Huwiler, P. Tribolet, G. Castelletti, P. Schuetz, Z. Stanga
Valentina Huwiler, +41 31 664 21 06, valentina.huwiler@extern.insel.ch

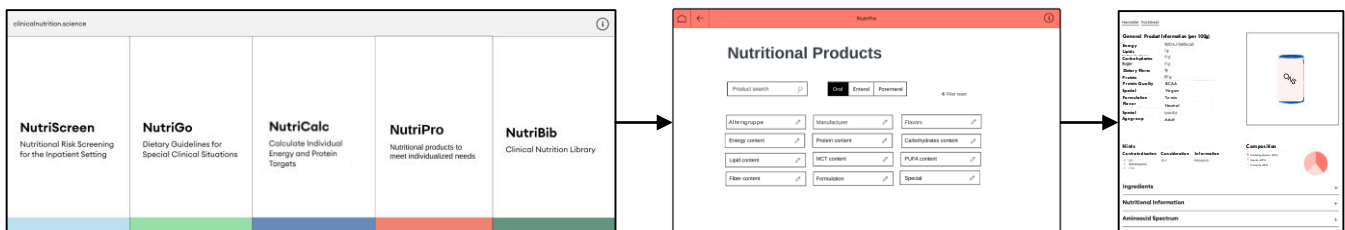
Initiative

- Malnutrition affects approx. 20-50% of hospitalised patients and leads to adverse clinical outcomes. **Personalised nutritional support** reduces adverse outcomes within 30 days (EFFORT-Trial: NNT for severe complications = 25, for mortality = 37), potentially saving CHF 0.9 million per year in tertiary hospitals. However, a sustainable nationwide implementation of personalised nutritional support in clinical practice needs to be promoted.
- Our aim is to develop *clinicalnutrition.science*, a **website** providing evidence-based information and recommendations (based on guidelines and milestones publications) for healthcare professionals and providers to identify/manage hospital malnutrition, improve nutrition outcome and reduce healthcare costs through personalised nutritional therapy.

Activities

- We **create** our nutritional apps for all devices (incl. smartphones): NutriScreen (nutritional risk screening tools), NutriCalc (nutritional requirement calculators), NutriGo (tailored nutritional therapy advice), and NutriBib (clinical nutrition literature) and NutriPro (selection of appropriate nutritional products).
- To ensure that the NutriPro app meets the needs of healthcare workers, we will conduct a **nationwide survey** to identify the most important criteria for selecting adequate nutritional products.
- Within 6 months**, we plan to develop and integrate all apps into *clinicalnutrition.science*.
- Within 24 months**, we will validate *clinicalnutrition.science* in a clinical setting to assess its efficacy in reducing malnutrition-related adverse outcomes. Subsequently, we will address weaknesses, adapt *clinicalnutrition.science* for international use, and raise awareness globally.

Founding



- This work is partly funded by a third-party grant from the Division of Clinical Pharmacy and Epidemiology (University of Basel), the Department of Diabetes, Endocrinology, Nutritional Medicine and Metabolism (University Hospital Bern), and the Research Council of the Kantonsspital Aarau.
- To **expand** our reach, *clinicalnutrition.science* needs to be translated into other languages. Programming and continuous **updating** for new products and scientific advances will incur significant costs in the future.

Results & impact

- We will provide **UP-TO-DATE** research and guidance for the entire nutritional care process - from nutritional risk screening to nutritional therapy prescription and monitoring.
- By offering **FREE ACCESS** to *clinicalnutrition.science* for all healthcare professionals, researchers, students, and individuals interested in clinical nutrition, we aim to empower them to make informed decisions and ultimately improve patient outcomes.
- Our mission is to **BRIDGE THE GAP** between scientific knowledge and daily clinical care by providing healthcare professional with effective and user-friendly apps.
- While the **WEBSITE** is currently Switzerland-orientated, we intend to expand our reach to other countries, bringing a valuable resource for anyone involved in clinical nutrition, regardless of location.



Please tick to confirm the PEN letter of endorsement is attached.
Incomplete submissions will not be considered.

