

# Establishment of clinical nutrition units in specialized medical centers hospitals

Project team: *SMC clinical nutrition committee:*

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**EgSPEN:** Egypt PEN Society

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## Description of the initiative

### • Background / context

- Egypt is a developing country with around 100 million habitants and one million km<sup>2</sup> divided into 28 governorates. Secretariat of specialized Medical Centers (SMC) is one of the sectors of the Egyptian Ministry of Health and Population that actively contributes to providing specialized and advanced medical services to Egyptians. SMC has a total of 79 tertiary hospitals distributed throughout Egypt.
- Malnutrition in hospitalized patients is associated with a significantly elevated risk of morbidity, mortality, length of stay and total cost. Adequate nutrition therapy is crucial to optimize the outcomes .
- MOH has lots of operating hospitals within all the governorates without specialized clinical nutritional units.

### • Rationale for the initiative

- Disease-related malnutrition in hospitalized patients is a highly prevalent condition in Egypt and under recognized. Before the initiative there was only very few hospitals in Egypt which have structured clinical nutrition units.
- **Objectives and scope:** by collaboration of the SMC committee and with the educational role of the EgSPEN we aim at:
  1. Foundation and establishing of clinical nutrition units in all 79 SMC hospitals that will:
    - a) Implement screening using a validated tool and collecting statistical data about the prevalence of malnutrition among hospitalized patients.
    - b) Ensure the provision of optimal nutrition care process through defined KPIs.
  2. Raising awareness about the importance of nutrition among patients, caregivers and health care providers.
  3. Setting up nutrition Protocols for specific medical diseases.

### Planned activities & deliverables

A 5 years project divided into 3 phases, 2 phases have been completed:

Phase I: Data collection and analysis of available units and human resources.

Phase II: Policies and procedures for establishing the units, clinical data documentation sheets, establishment of 38 units and training of 65 clinical nutritionists under endorsement of EgSPEN society.

### • Outline the steps to be taken

- Phase III: Completion of the remaining units, training of clinical nutritionists including online, live, hands-on and field teaching (basics and advanced programmes) and organizing awareness campaigns.

### • What are the concrete deliverables of the project?

- Performing nutrition screening in all 79 SMC hospitals, obtaining high qualified nutrition support teams(NST) and unify nutrition protocols.
- **What achievements are possible in the next 12 and 24 months?**
- **2023-2024:** Organization of 1 basic and 1 advanced training programmes, start setting up nutrition protocols in burn, liver transplantation and bone marrow transplantation and organizing 1 awareness campaign.
- **2024-2025:** Establishment of nutrition units in all SMC hospitals and evaluate their performance through KPIs, statistical data about the prevalence of malnutrition and organizing 1 awareness campaign.

### Resources & enablers

- **Describe personnel, financial needs:** SMC nutrition committee and EgSPEN teachers, €40,000
- **Specify how the grant will be spent:** €10k for training, €5k for publishing studies, €7k awareness campaigns and €18k for devices
- **What factors will make it successful?** The potentials of the SMC (human resources and authority ) ,vision of the political leadership and endorsement of EgSPEN board.

## Results/outcomes & expected impact

- **How will the findings be implemented?** Through the authority of SMC nutrition committee and widespread SMC hospitals.
- **How will this project advance patient care / contribute to optimal nutritional care?** Prevention and management of malnutrition with optimal nutrition care process through multidisciplinary teams.
- **What makes the project innovative?** As a developing country we didn't have widespread nutrition units with structured polices and procedures before, in addition to lack of nutritional knowledge among HCPs.
- **Will the project be likely to influence national nutrition policy?** Yes, the project results will mandate a nationwide implementation of screening and nutrition care process.
- **Is the project transferable to other settings / countries?** Yes, it is.



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

2023 MNI Grant Submission\_Initiative/Research Project for Optimal Nutritional Care