MALNUTRITION PATIENT PORTAL

Empowering patients with disease-related malnutrition and their carers to self-manage their nutritional health

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The Malnutrition Pathway C.I.C.

BAPEN
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DESCRIPTION OF INITIATIVE

The Malnutrition Patient Portal will be designed to provide patients with disease-related malnutrition and their carers with easy-to-access, evidence-based resources to help them manage their nutritional health. The initiative will focus on improving self-management, increasing health literacy, and providing practical guidance for those at risk of malnutrition.

Background / Context: The Malnutrition Pathway (www.malnutritionpathway.co.uk), a not-for-profit Community Interest Company, has been raising awareness of malnutrition among healthcare professionals and patients for over 12 years. Its resources, used worldwide, help identify and manage malnutrition, particularly in disease and chronic conditions. Recently, the resources were adopted by the UK National Institute for Health and Care Excellence (NICE) in their Clinical Knowledge Summary on Adult Malnutrition, providing best practice guidance for primary care practitioners.

Rationale for the Initiative: Low levels of self-management, health literacy and activation are linked to increased cost, faster disease progression, early mortality and increased multi morbidity[1]. Effective self-management could help to reduce GP visits and emergency admissions particularly amongst those with long term conditions[2]. This initiative aims to empower patients and carers, to improve their ability to manage nutritional issues and promote healthier outcomes.

Objectives and Scope: The patient portal will:

- Help users identify malnutrition risks and symptoms affecting eating
- Provide practical dietary symptom management advice tailored to individual risks
- Signpost users to disease-specific resources and self-screening tools
- Advise when professional nutritional assessment and advice is recommended

PLANNED ACTIVITIES AND DELIVERABLES

- **0-6 months:** Advisory panel engagement (including Malnutrition Pathway advisory panel members and patient representatives) and meetings
- **0-9 months**: Develop content and first-stage platform of interactive online portal, providing tailored nutritional guidance for patients and carers
- **9-12 months:** User testing (patients, carers, healthcare professionals) to refine functionality and ensure user-friendly navigation
- **12-15 months:** Revisions to portal based on feedback
- **15-24 months:** Portal launch with promotion via professional networks, social media and peer-reviewed journal
- **18-24 months:** User interviews and surveys and engagement analytics to measure effectiveness and inform future improvements

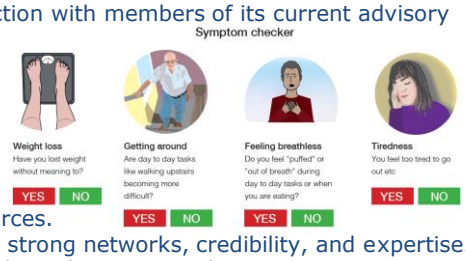
RESOURCES AND ENABLERS

Budget Breakdown (€40,000): ● €5,000: Development of advisory panel ● €10,000: Web scoping and development, including professional website design ● €10,000: Day-to-day running, administrative support, and content development ● €10,000: Launch and promotion via social media, professional networks and peer-reviewed journal ● €5,000: Portal testing with patients and professionals and follow-up surveys to assess impact

Personnel : The project will be run and managed by the Malnutrition Pathway in conjunction with members of its current advisory panels, patient associations and patient representatives.

Success Factors:

- Strong collaboration with multi-professional panels and patient representatives
- Development of an intuitive and user-friendly platform
- Effective engagement with patient and professional associations
- Strategic promotion to maximise reach and impact
- The initiative will be run by the Malnutrition Pathway team which has extensive experience in creating and disseminating high-quality, evidence-based malnutrition resources. With over 12 years of engagement with healthcare professionals and patients, it has built strong networks, credibility, and expertise. This ensures that the portal will be developed using best practices and promoted effectively to the target audience.



RESULTS/OUTCOMES AND EXPECTED IMPACT

Expected Impact: The portal aims to provide accessible, practical advice to patients, carers, and healthcare professionals, aiding in malnutrition management and early intervention. It will serve as a first-line resource, empowering patients, carers and healthcare professionals by providing tools to recognize and manage symptoms, helping prevent and manage malnutrition.

National & International Reach: The Malnutrition Pathway resources are freely accessible globally and this new portal will also be. The portal will be linked to the Malnutrition Pathway website which currently receives over 57,000 visitors annually. Since the COVID pandemic our materials have developed a large following and are accessed by over 150 countries around the world.

Scalability & Transferability: In the future, we would like to see the portal expand to offer resources in multiple languages and we are keen to collaborate with other countries on such an initiative in the future.

Innovation: This will be the first widely available interactive patient-facing malnutrition resource that integrates disease-specific information and self-screening tools.

Impact on Clinical Practice: The portal will be a valuable tool for healthcare providers with limited nutritional knowledge, guiding them in best practices for patient care.

Influence on National Nutrition Policy: By filling a crucial gap in malnutrition self-management, the portal has the potential to shape national guidelines and policies.

References

1. NHS England. Supported self-management. NHS England. www.england.nhs.uk/personalisedcare/supported-self-management (Accessed 27/02/25)
2. Deeny et al. Briefing: Reducing emergency admissions: unlocking the potential of people to better manage their long-term conditions. 2018: Health Foundation https://pmc.ncbi.nlm.nih.gov/articles/PMC6334141/

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

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