



# Fight Against Malnutrition: the history of successful struggle

## Actions undertaken to Fight Against Malnutrition in Poland

### • 5 KEY STEPS APPROACH •

#### 1 SOCIETY

**27th June 1986:** Foundation of the Section for Parenteral and Enteral Nutrition of Polish Physicians' Association  
**June 1998:** Transformation of the Section for Parenteral and Enteral Nutrition of Polish Physicians' Association into the **Polish Society for Parenteral and Enteral Nutrition (POLSPEN)**  
**Up to now:** 15 POLSPEN congresses, 27 International Scientific Conferences  
**2006:** POLSPEN issues the first edition of Advances in Clinical Nutrition – the official POLSPEN Journal  
**2007:** the first translation of ESPEN Basics in Clinical Nutrition ('Blue Book', 3rd Edition)  
**2005, 2009:** POLSPEN published Polish Guidelines for Parenteral and Enteral Nutrition

#### 2 EDUCATION

**1993-2013:** participation and organization of ESPEN Basic Course  
**2003:** introduction of Clinical Nutrition in surgical training

#### 3 AWARENESS

**2006:** POLSPEN joined ESPEN nutritionDay (participates every year)

#### 4 MEDICAL TREATMENT – REIMBURSEMENT

##### Poland: reimbursement of clinical nutrition

• enteral nutrition • parenteral nutrition

NFZ reimburses almost all methods of enteral and parenteral nutrition at hospital and home!

Only oral nutritional supplements are not reimbursed

**1990** - Reimbursement of HPN

**2001** - Reimbursement of hospital CN

**2007** - Reimbursement of HEN

#### 5 WORLD WIDE WEB

**2004:** launch of POLSPEN website ([www.polspen.org](http://www.polspen.org))

**2009:** website becomes inactive in

### • ACTIVITIES/IMPLEMENTATION/RESULTS • 2011-2013

#### 1 SOCIETY

**June 2012:** Polish Society for Parenteral and Enteral Nutrition changed its name into **Polish Society for Parenteral, Enteral Nutrition and Metabolism** to show its relation to ESPEN  
**2013:** Poland becomes a candidate for ESPEN Congress in 2019  
**June 2013:** POLSPEN organizes 15th Anniversary Congress with over 100 lectures, 7 courses and over 550 participants

##### Publications

**2013:** POLSPEN publishes 25th number of Advances in Clinical Nutrition  
**June 2013:** POLSPEN publishes the translation of the 4th edition of ESPEN Basics in Clinical Nutrition ('Blue Book')  
**2013:** POLSPEN revises the Polish Guidelines for Parenteral and Enteral Nutrition in cooperation with other scientific societies  
**2011-2013:** POLSPEN cooperates with other medical societies to increase the awareness of malnutrition and its consequences:

• Polish Surgical Society • Polish Society for Anesthesiology and Intensive Care • Polish Society for Gastroenterology • Polish Society for Neurology • Polish Society for Oncology and Surgical Oncology • Polish Society for Internal Diseases

**2011-2013:** POLSPEN members cooperate with Polish medical journals and publish manuscripts on malnutrition

#### 2 EDUCATION

**2010:** ESPEN Basic Course in Warsaw

**2011-2013:** • 14 LLL modules held in Poland (over 100 participants) • 19 POLSPEN members becomes ESPEN LLL Teachers

##### Clinical Nutrition at Medical School

**Since 2011:** Polish School for Clinical Nutrition and Metabolism (two full editions so far)

**January 2011-June 2013:** **16 trainings** for Nutrition Support Teams (NST) members – **2113 participants** so far (next training 23th June 2013)

Locations: Warsaw, Krakow, Wroclaw, Poznan, Bydgoszcz, Szczecin, Gdansk, Katowice, Bialystok, Kielce

### 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



**September 2013:** training for intensivists  
**September 2012:** training for surgeons  
**October 2012:** training for gastroenterologists  
**May 2013:** training for neurologists

**2011-2013:** 9 trainings in the field Home Artificial Nutrition (HAN): over 400 participants  
**2012-2013:** excellency hand-on trainings: Skawina (endoscopy in enteral nutrition)

#### 3 RAISING THE AWARENESS

**2011, Warsaw:**  
**International  
Fight  
Against  
Malnutrition  
Conference**

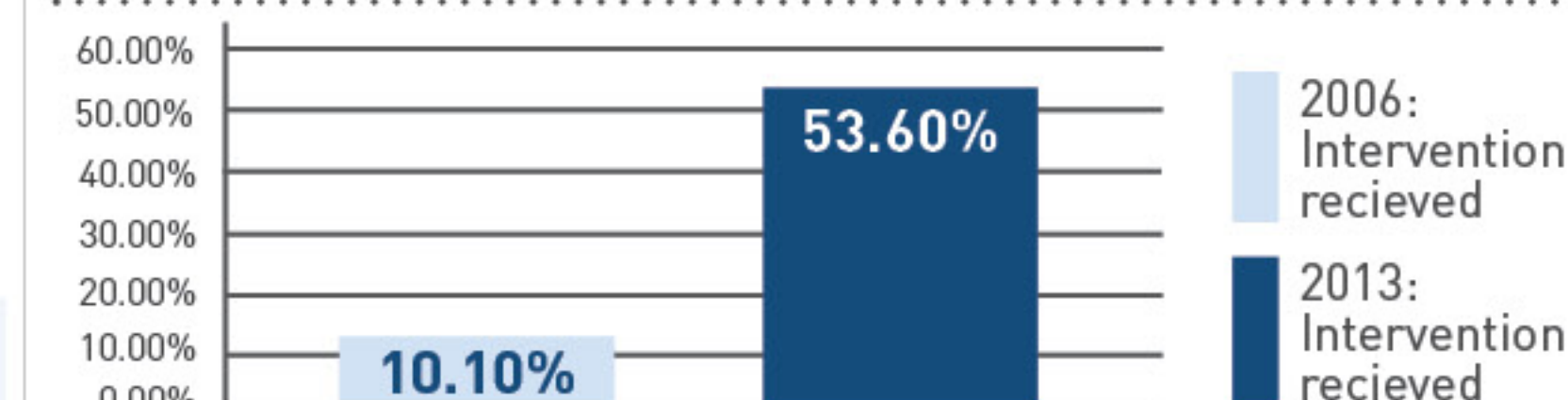


Participants of the Conference: members of European Parliament (Jerzy Buzek [letter], Boguslaw Sonik [lecture]), Polish Ministry of Health, ESPEN: Executive Committee, Scientific and Educational Committees, Present and former Chairmen (Prof. P.Singer, O.Ljungqvist, C.Pichard), MNII, ENHA, and Polish scientific societies.

The Final Declaration was sent to European Parliament and European Commission

### January 2012: SCREENING FOR MALNUTRITION BECOMES OBLIGATORY ON ADMISSION TO HOSPITAL IN ALL HOSPITALS

NSTs are recommended for each hospital



Polish Nutrition Day (9th October 2012)  
Number of participating hospitals: **116**  
Hospital units: **143** (5280 hospital beds)  
Number of analyzed patients: **1005**  
NRS 2002 score 3 or >3 pkt = 22.7%  
SGA score other than A= 23.6%

#### 4 MEDICAL TREATMENT

**January 2013:** number of Polish home enteral and parenteral nutrition patients exceeded 3000!  
**May 2013:** 67 home artificial nutrition centers countrywide – increased accessibility for patients

#### 5 WORLD WIDE WEB (WWW)

**2011:** re-launch of POLSPEN website ([www.polspen.pl](http://www.polspen.pl))  
• Up-to-date information • Media coverage • Educational materials from all Polish courses and trainings (free download)  
• Links to European activities

#### 6 INTERNET AND SOCIAL MEDIA

1. website created in 2005: [www.polspen.pl](http://www.polspen.pl) (over 150 entrees per day)  
2. POLSPEN's fan page on [facebook](https://www.facebook.com/polspen) & account on [twitter](https://twitter.com/polspen)

### • NEXT STEPS •

- reimbursement for ONS
- Complete implementation of ESPEN/POLSPEN guidelines
- Creation of medical speciality in clinical nutrition

### • CONCLUSION •

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