



Welcome to
“The Nutrition Screening Initiative’s
DETERMINE CHECKLIST and
Senior Malnutrition”

Presenters: Holly Greuling, RDN, Administration for Community Living
Jeanne Blakenship, MS, RDN, Academy of Nutrition and Dietetics

Facilitator: Linda Netterville, RD, LD

The webinar will begin at 3:30 p.m. Eastern Daylight Time



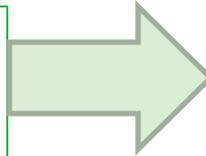
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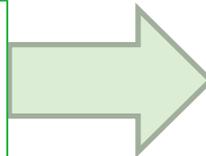


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Type your questions and comments here and press send.





The Nutrition Screening Initiative's DETERMINE CHECKLIST and Senior Malnutrition

Holly Greuling RDN
National Nutritionist



Changing Demographics

- Life expectancy is increasing
- More healthy older people
- More frail older people
- More minorities
- More Home and Community Based Care and less nursing home care

Congregate Participants

- The average age of a participant is 76 years old.
- 77% of the congregate participants indicated that they eat healthier as a result of the meal program.
- 76% of the congregate participants indicated their health has improved as a result of eating at the lunch program.

Home Delivered Participants

- The average age of a participant is 79 years old.
- 91% of participants indicate that the Home-Delivered nutrition program helps them to stay in their own home.
- More than half of all participants live alone.



MALNUTRITION



What is *Mal-nutrition*

The medical prefix “mal” : without, bad or poor

For example:

mal-absorption: without, bad or poor absorbing

mal-formation: without, bad or poor forming

mal-nutrition: without, bad or poor nutrition

What is Malnutrition?

Nutrition imbalance that affects both overweight and underweight individuals

- Presence of two or more of the following characteristics
 - insufficient energy intake
 - weight loss
 - loss of muscle mass
 - loss of subcutaneous fat
 - localized or generalized fluid accumulation
 - diminished functional status

White JV, et al. J Acad Nutr Diet. 2012;112(5):730-738

What Does a Malnourished Person Look Like?



Malnutrition May Physically Appear As:

- Skin rash, wounds
- Puffy feet
- Sunken cheeks
- Poor-fitting dentures
- Cracks at the corners of the mouth
- Appearance of loss of muscle mass, particularly in the upper arms
- Appearance of weight loss, such as clothing that is too large or drooping, sagging skin
- Dry mouth or chapped lips

Malnutrition May Functionally Appear As:

- Difficulty getting up from armless chair
- Poor grip strength
- Tires easily
- Can't stand for a long duration



SCREENING VS ASSESSMENT



Nutrition Screening vs Nutritional Assessment

Screening is used to identify characteristics associated with dietary or nutrition problems, and to differentiate those at high risk for nutrition problems who should be referred for further assessment or counseling.

Assessment is a measurement of dietary or nutrition-related indicators, such as body mass index or nutrient intake, used to identify the presence, nature, and extent of impaired nutritional status.

The DETERMINE CHECKLIST is a Nutritional Screening Tool

I have an illness or condition that made me change the kind and/or amount of food I eat.

I eat fewer than 2 meals per day.

I eat few fruits or vegetables, or milk products.

I have 3 or more drinks of beer, liquor or wine almost every day.

I have tooth or mouth problems that make it hard for me to eat.

I don't always have enough money to buy the food I need.

I eat alone most of the time.

I take 3 or more different prescribed or over-the-counter drugs a day.

Without wanting to, I have lost or gained 10 pounds in the last 6 months.

I am not always physically able to shop, cook and/or feed myself.



ACTION STEPS



Share How Your Program Decreases Malnutrition amongst the Elderly

- Share the number of your participants that are high nutritional risk based upon your screening.
- If you assess and reassess high nutritional risk participants, share the outcomes with health care entities.
- If you don't assess and reassess your participants, then consider doing so.

Want to Get more Involved?

- Print and or share the (following) Senior Malnutrition Poster within your agency or where older individuals frequent, especially during Malnutrition Awareness Week.
- Share the data you have about how many of your participants are at high nutritional risk and share how your programming is helping them maintain their nutritional status.
- Visit referenced Websites for additional information and resources.



ASK ABOUT YOUR NUTRITION

Are you or your loved one experiencing any of these?



**UNPLANNED
WEIGHT LOSS**



**LOSS OF
APPETITE**



**NOT ABLE TO EAT
OR ONLY ABLE
TO EAT SMALL
AMOUNTS**



**FEELING WEAK
OR TIRED**



**SWELLING
OR FLUID
ACCUMULATION**

If you or your loved one have any of these problems, ask about your nutrition! Nutrition is important to your recovery and has been shown to promote positive outcomes. Ask if you can be evaluated by a registered dietitian or nutrition support clinician.

More Fun Facts

- Inpatient Health Care doesn't not yet have clear process for diagnosing malnutrition, but they are actively working on it.
- ACO, MCOs or other health care insurance companies usually do not address malnutrition after discharge, unless the Doctor's discharge orders specifically require it.
- You know more about Senior Malnutrition than most people!

References:

- ACL Nutrition Website:
 - http://www.aoa.acl.gov/AoA_Programs/HPW/Nutrition_Services/index.aspx
- Defeat Malnutrition Today, Vital to Healthy Aging
 - <http://defeatmalnutrition.today/>
- A.S.P.E.N.
 - www.nutritioncare.org/maltoolkit

Thank you!
Holly Greuling RDN
National Nutritionist

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
ADMINISTRATION FOR COMMUNITY LIVING
ADMINISTRATION ON AGING



Malnutrition: the New Senior Crisis?

Jeanne Blankenship, MS RDN
Vice President, Policy Initiatives and Advocacy
Academy of Nutrition and Dietetics

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HUFFPOST POLITICS

Edition: US ▾

FRONT PAGE POLITICS ENTERTAINMENT WHAT'S WORKING HEALTHY LIVING WORLDPOST HIGH

THE BLOG

Malnutrition: The New Senior Crisis

🕒 09/30/2015 01:03 pm ET | Updated Sep 30, 2015



Robert B. Blancato
Aging Advocate



This week, September 28-October 2, 2015, is [Malnutrition Awareness Week](#). It is an opportunity to spotlight a growing but under-recognized problem facing older adults in America: the hidden epidemic of malnutrition. What is malnutrition? Simply stated, it [means](#) poor nutrition. It is related to an excessive or imbalanced diet, a diet that lacks essential nutrients, or it can be tied to clinical conditions that impair the body's absorption or use of food.

FOLI



MALNUTRITION: AN OLDER-ADULT CRISIS

\$51.3 Billion
Estimated annual cost of disease-associated malnutrition in older adults in the US¹



Up to 1 out of 2 older adults are at risk for malnutrition^{2,3}



300%
The increase in healthcare costs that can be attributed to poor nutritional status³



Up to 60% of hospitalized older adults may be malnourished⁴



4 to 6 days
How long malnutrition increases length of hospital stays⁵

Chronic health conditions lead to increased malnutrition risk



Malnutrition leads to more complications, falls, and readmissions⁶

Just 3 steps can help improve older-adult malnutrition care



Screen
all patients



Assess
nutritional status



Intervene
with appropriate nutrition

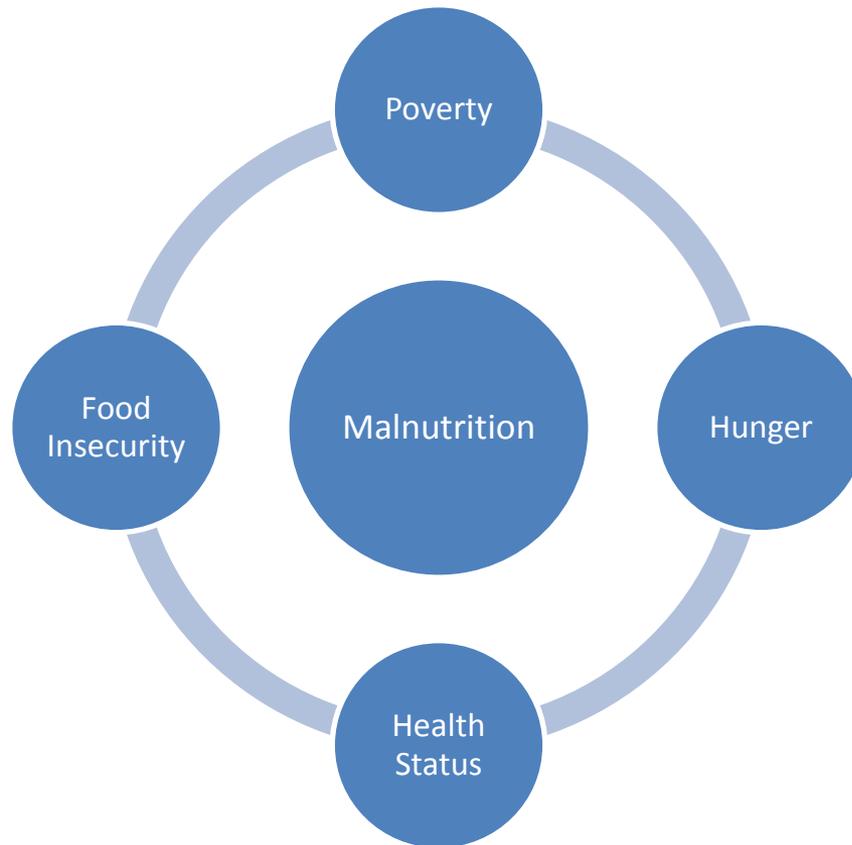
Focusing on malnutrition in healthcare helps:

- ✓ Decrease healthcare costs⁷
- ✓ Improve patient outcomes⁷
- ✓ Reduce readmissions
- ✓ Support healthy aging
- ✓ Improve quality of healthcare

Support policies across the healthcare system that defeat older-adult malnutrition.

Learn more at www.DefeatMalnutrition.Today

References: 1. Snider JT, et al. JPEN J Parenter Enteral Nutr. 2014;39(2 Suppl):775-855. 2. Katsar MJ, et al. J Am Geriatr Soc. 2010;58(9):1734-1738. 3. Izawa S, et al. Clin Nutr. 2006;25(6):962-967. 4. Furman EF. J Gerontol Nurs. 2006;32(1):22-27. 5. Correia, et al. Clin Nutr. 2003;22(3):235-239. 6. Norman K, et al. Clin Nutr. 2008;27(1):5-15. 7. Philipson TJ, et al. Am J Manag Care. 2013;19(2):121-128.



Nutrition Risk



Nutrition Status



Malnutrition is a Quality Issue

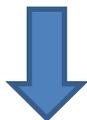
- Lack of consistent screening with a validated tool
- Lack of diagnosis compared to published estimates
- Lack of treatment of those identified as malnutrition
- Lack of monitoring of status

= poor quality care



Nutrition Assessment and Intervention Outcomes

28% avoidable readmissions



25% pressure ulcers



Average length of stay ~ two days



Mortality



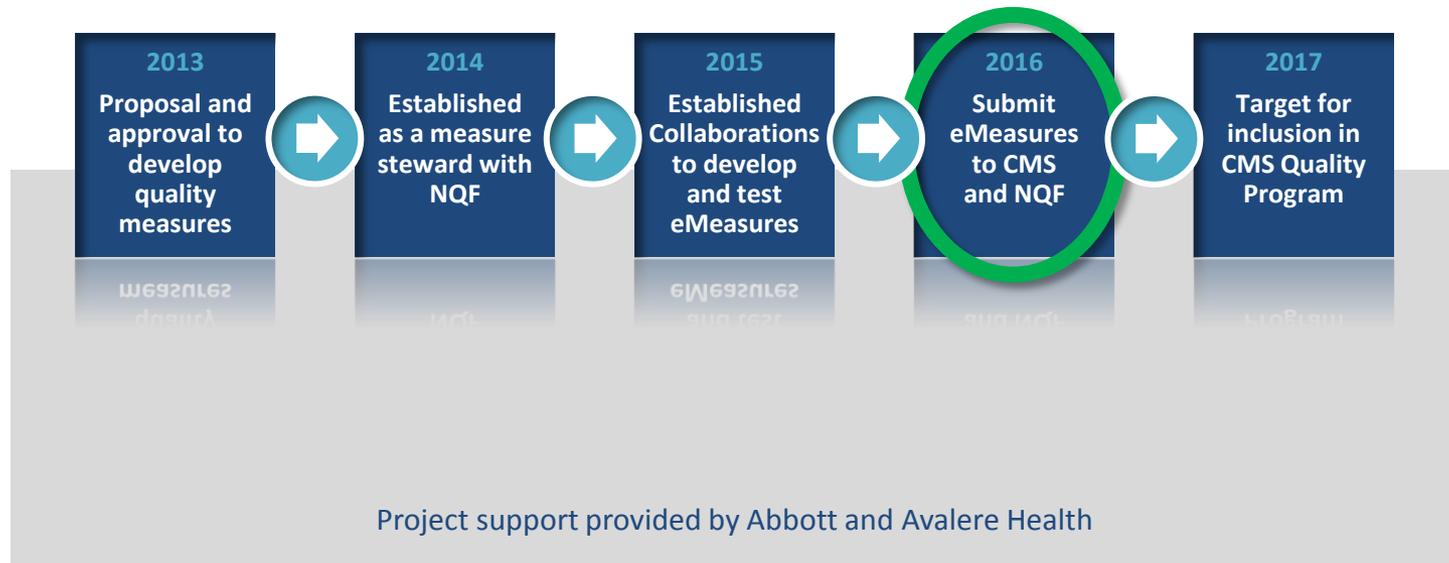
quality of life



Improved

Implementation Accomplishments and Next Steps

Developing malnutrition quality measures for inclusion in CMS quality programs



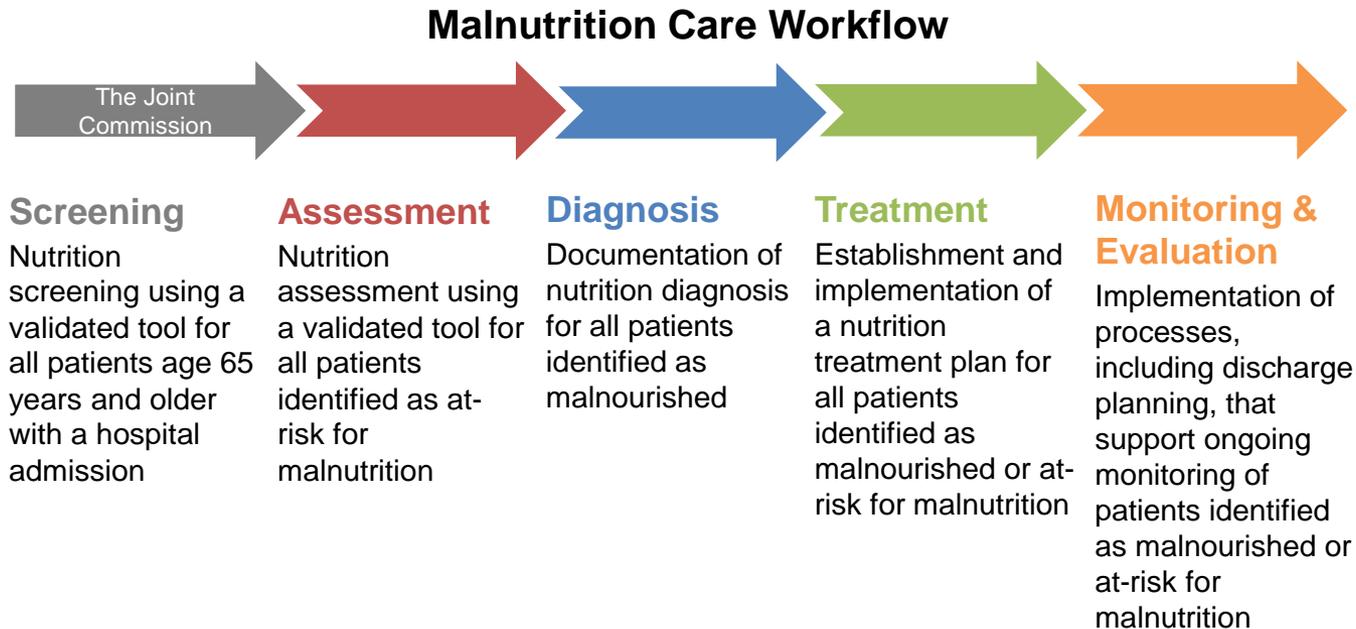
What is the Malnutrition Quality Improvement Initiative?

MQII Objectives

- Develop malnutrition **quality measures** “that matter”
- Improve malnutrition care with an interdisciplinary care team **roadmap (toolkit)**
- Advance tools that can be integrated into **EHR systems** to improve care quality

The MQII is focused on older adults (ages 65 and older) given the significant impact malnutrition has on this patient population and the opportunity to improve care among these patients

MQII Offers a Solution to Enhance the Quality of Care

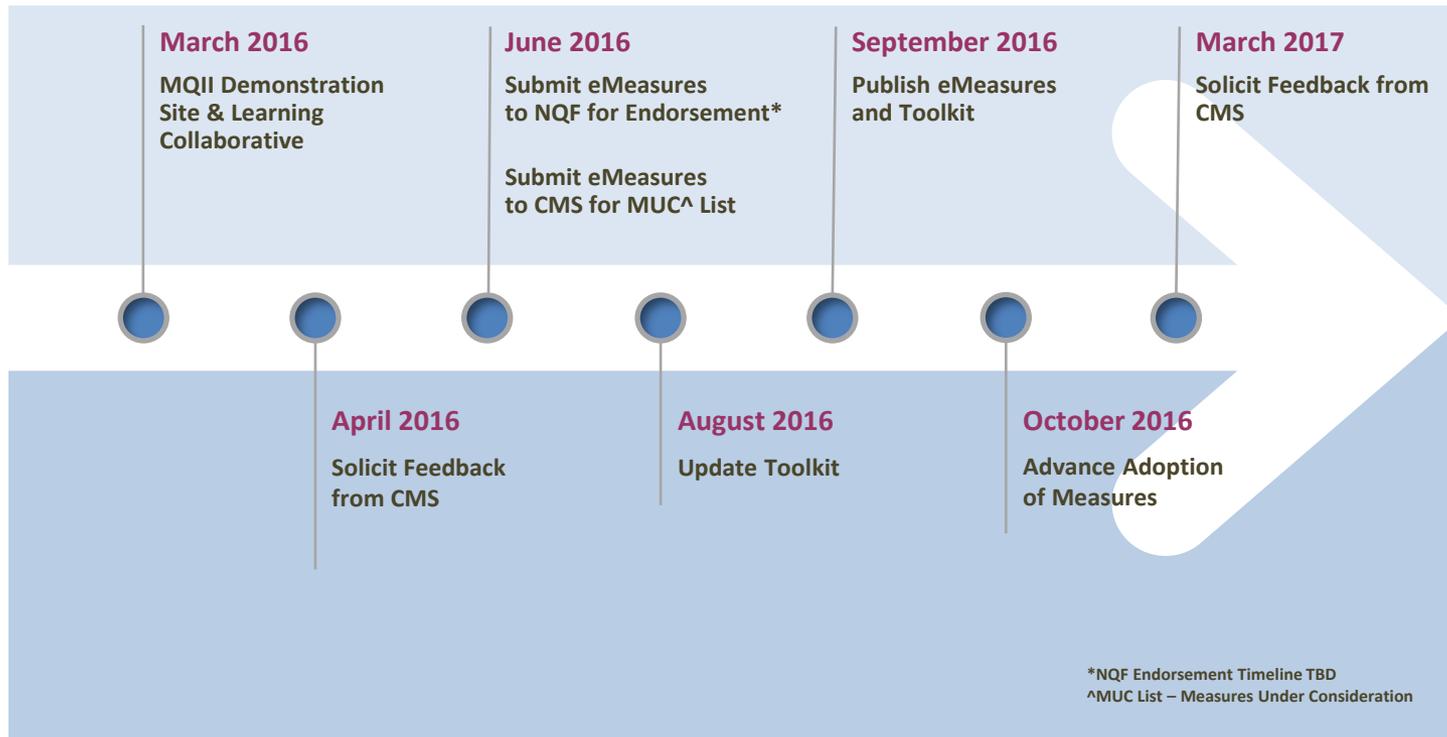


The MQII is rooted in patient-driven nutrition efforts that incorporate patient preferences and risk factors

Malnutrition Electronic Clinical Quality Measures

- **eMeasure #1:** Completion of a Malnutrition Screening within 24 Hours
 - **eMeasure #2:** Completion of a Nutrition Assessment for Patients Identified as At-Risk for Malnutrition within 24 hours of a Malnutrition Screening
 - **eMeasure #3:** Nutrition Care Plan for Patients Identified as Malnourished after a completed Nutrition Assessment
 - **eMeasure #4:** Appropriate Documentation of a Malnutrition Diagnosis
-

Key Milestones



Malnutrition Awareness Week

September 26 – 30, 2016

- ❑ Malnutrition Training Webinar – Wednesday, September 7th
- ❑ Malnutrition Advocacy Day – Monday, September 26th
 - Congressional Briefing
 - Hill Visits
 - Networking Reception
- ❑ In District Visits
- ❑ Nutrition Screening Campaign

Malnutrition Awareness Week

How you can help:

- Take Action Alert
- Review the issue brief and message points
- Talk with others about malnutrition
- Encourage use of the DETERMINE Checklist
- Submit your ideas and stories

Questions?

Jeanne Blankenship
jblankenship@eatright.org
312-899-1730

