The Role of Education to Improve the Outcome of Patients with Malnutrition
The ESPEN perspectives

Magyar Mesterséges Taplalasi Tarsasag

2026 évi Kongresszusa

08.-10 October 2026

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Background

- Nutrition is a crucial component of health promotion and disease prevention
- Nutritional problems are common
- A large proportion of patients are malnourished (over- or undernutrition)
- Outcome can be improved by an adequate nutritional support
- Education is an important tool to achieve this goal

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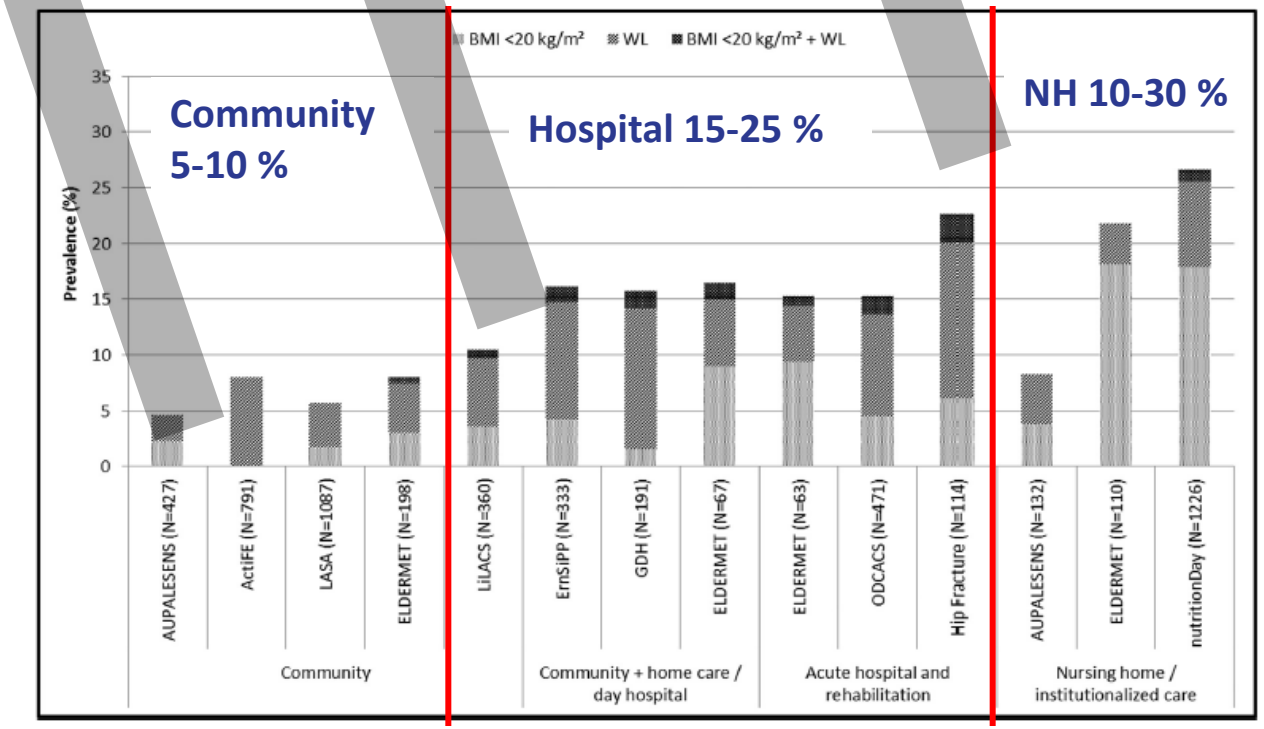
Nutritional deficiencies and malnutrition are significant problems in clinical practice

EuroOOPS Study 2008:

- 12 European countries, 26 hospital departments; 5051 patients
- Risk screening by NRS-2002
- **Patients at risk 32.6%!**

Sorensen et al. Clin Nutr 2008

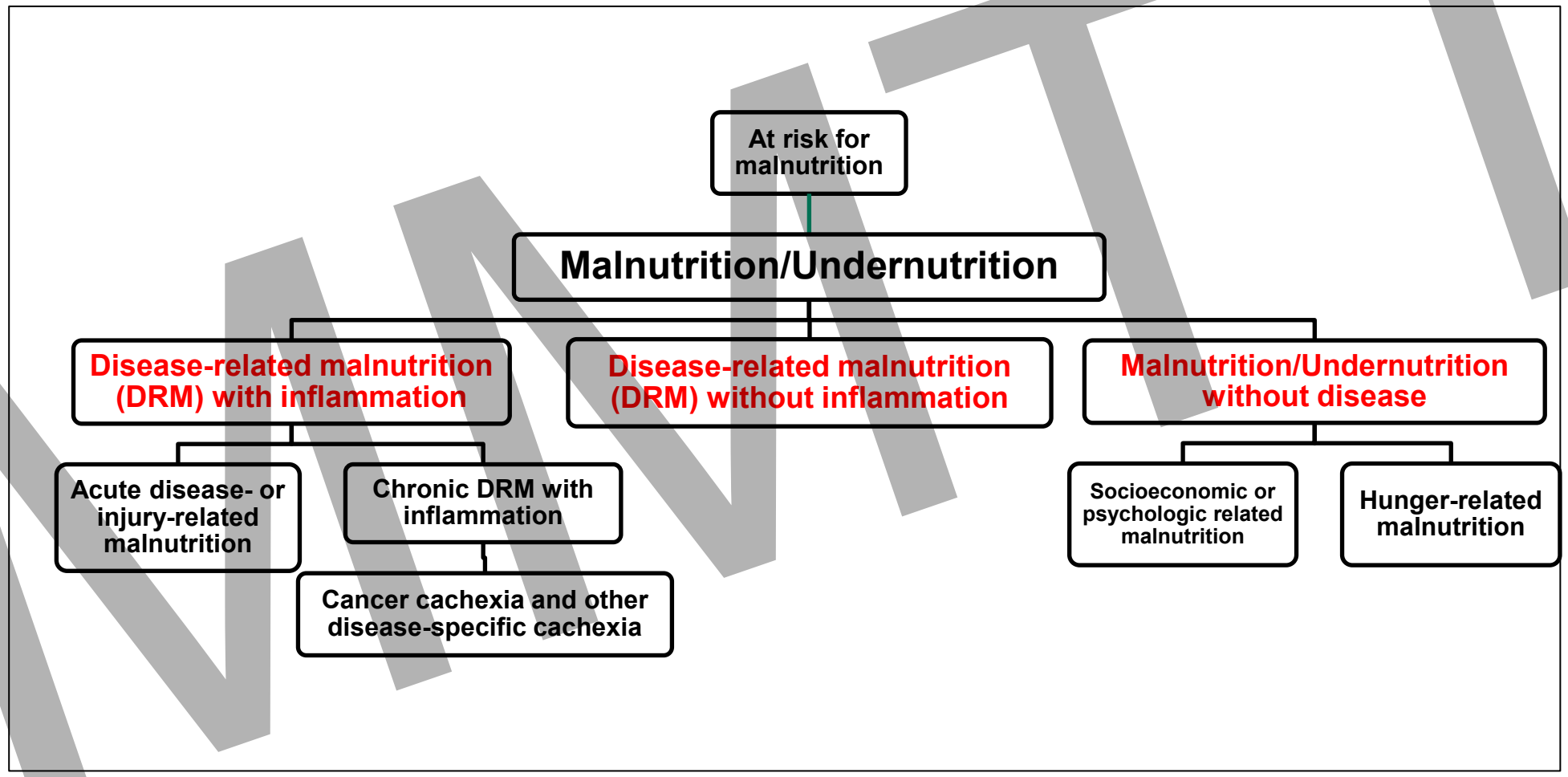
The MaNueL study; 6000 individuals in Europe, 67-87 years
Manutrition prevalence by setting



Wolters et al. Clin Nutr 2019

ESPEN Guidelines on Definitions and Terminology

Malnutrition diagnosis template



Cederholm et al. Clin Nutr 2017

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Global Leadership Initiative on Malnutrition - The GLIM Pathway to Consensus on diagnosis

Contents lists available at ScienceDirect

Clinical Nutrition

journal homepage: http://www.elsevier.com/locate/clnu



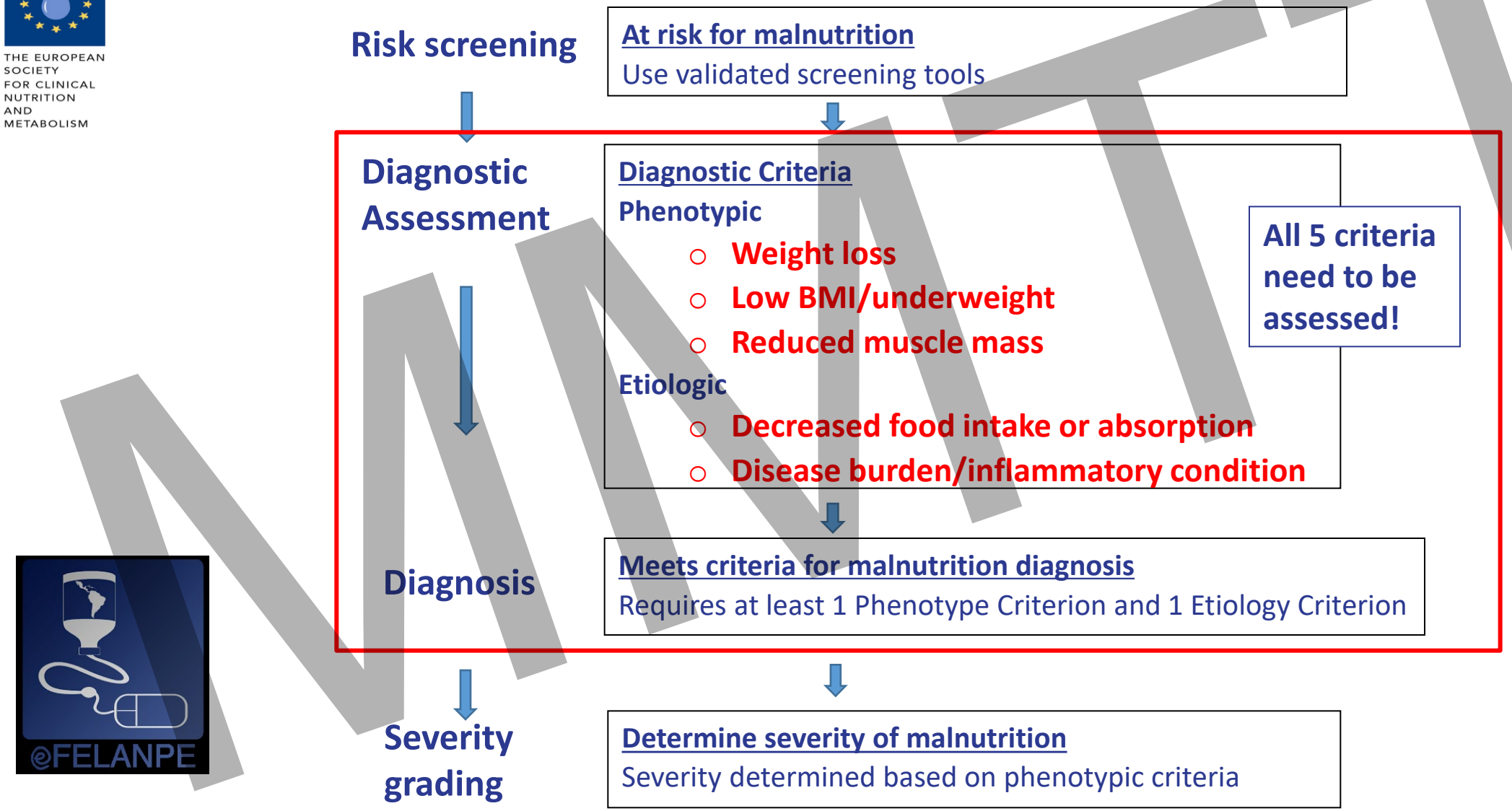
ESPEN Endorsed Recommendation

GLIM criteria for the diagnosis of malnutrition – A consensus report from the global clinical nutrition community☆

T. Cederholm [a, b, *, 1], G.L. Jensen [c, 1], M.I.T.D. Correia [d], M.C. Gonzalez [e], R. Fukushima [f], T. Higashiguchi [g], G. Baptista [h], R. Barazzoni [i], R. Blaauw [j], A. Coats [k, l], A. Crivelli [m], D.C. Evans [n], L. Gramlich [o], V. Fuchs-Tarlovsky [p], H. Keller [q], L. Llido [r], A. Malone [s, t], K.M. Mogensen [u], J.E. Morley [v], M. Muscaritoli [w], I. Nyulasi [x], M. Pirlich [y], V. Pisprasert [z], M.A.E. de van der Schueren [aa, ab], S. Siltharm [ac], P. Singer [ad, ae], K. Tappenden [af], N. Velasco [ag], D. Waitzberg [ah], P. Yamwong [ai], J. Yu [aj], A. Van Gossum [ak, 2], C. Compher [al, 2], GLIM Core Leadership Committee, GLIM Working Group[3]

Clinical Nutrition 2019
Also published in JPEN and JCSM

The GLIM procedure for the diagnosis of malnutrition



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Conclusion I

- In daily practice we have to define the patients at risk who will benefit from nutritional support

- Screening and assessment is therefore mandatory

- The diagnosis and grade the severity of malnutrition should be done by the GLIM

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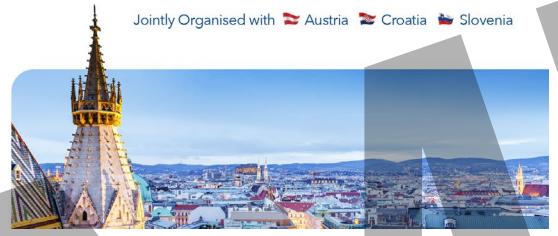
Nutritional Care as a HUMAN RIGHT
A global Declaration was signed in Vienna
September 5. 2022

44th ESPEN CONGRESS

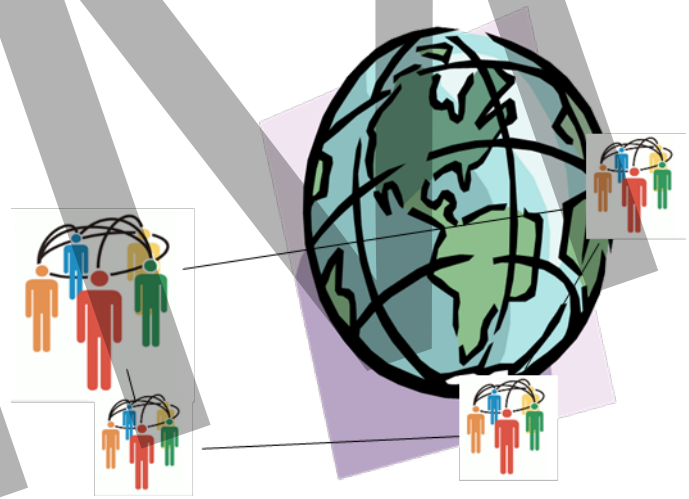
3–6 Sept 2022
VIENNA ESPEN CONGRESS
ON CLINICAL NUTRITION & METABOLISM
www.espen.org www.espencongress.com

eat & move

Jointly Organised with Austria Croatia Slovenia









Nutritional Care as a HUMAN RIGHT
Global Declaration - Vienna September 5. 2022



>70 National Societies!!

Conclusion II

- Malnutrition is a disease and the diagnosis has to be done
- GLIM has been found to make an appropriate diagnosis
- Malnutrition has to be treated
- Nutritional care is a human right

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Main problems today

- The awarness of nutrtional benefits is still bad
- Nutritional deficits are often neglected in patients
- Nutritional screening and assessment is often not done
- The benefit of nutritional support is often not known
- Education in nutrition during medical school is not sufficient
- MD's specialized in nutrition are still rare in a lot of countries all over the world
- Guidelines are not largly used

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What needs to be done?

- We need to rise the awarness about the benefits on nutrition in community and in hospitals
- We need to improve the education in medical schools
- We need to get more medical doctors specialized in nutrition
- We need more support for the formation of nutritional support teams
- Nutritional guidelines should be implemented in the nutritional care of the patients

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ESPEN has become a leader in promoting awarness and education

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ESPEN with the European Nutrition for Health Alliance has initiated a major effort to improve nutritional care.
The targets for improvements in the care of the malnourished includes:

- Public awareness and education
- Mandatory screening for malnutrition
- Training in nutritional care
- National nutritional care plans for nutrition
- Guideline development and implementation
- Research on malnutrition

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ESPEN as promoter of arwarness and education

- Malnutrition awarness week
- Implementing the GLIM as tool for diagnosing malnutrition
- Promoting education in medical schools
- Provide global education with the ESPEN-LLL programme
- Promoting the programme of specialisation of MD's for clinical nutrition

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The ESPEN Malnutrition Awareness Week (MAW) is an annual international campaign dedicated to raising global **awareness about disease-related malnutrition (DRM)**, and its profound impact on patient's wellbeing and public health.



ESPEN Malnutrition Awareness Week

- The MAW unite communities worldwide to raise awareness about DRM, educate healthcare professionals from all disciplines to enhance early detection, intervention, and comprehensive care for individuals affected by DRM, monitor quality of nutritional care in healthcare institutions, and advocate for transformative action against this global health challenge.
- All info and activities at www.espen.org/activities/malnutrition-awareness-weekSPEN

MAW

ESPEN Education goal

The main goal of nutritional education is to improve the awareness, knowledge and skills of care givers to

improve the quality and outcome of patients

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THE EUROPEAN SOCIETY FOR CLINICAL NUTRITION AND METABOLISM

ESPEN Education programmes

- Nutrition education in medical shools (NEMS)
- LLL life long learning programme
- Nutrition day
- Promting the specialisation of MD's in clinical nutrition
- Producing guidelines and dissemination

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Contents lists available at ScienceDirect

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ESPEN Endorsed Recommendation

Nutrition education in medical schools (NEMS). An ESPEN position paper☆

Cristina Cuerda [a, *, 1], Maurizio Muscaritoli [b, 1, 2], Lorenzo Maria Donini [c], Patrick Baqué [d], Rocco Barazzoni [e], Eugenio Gaudio [f], Davor Jezek [g], Zeljko Krznaric [h], Matthias Pirlich [i], Marco Schetgen [j], Stephane Schneider [k], Juan A. Vargas [l], André Van Gossum [m]

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Clin Nutr 2019 Jun;38(3):969-974.

Objectives of NEMS

- Recognise the importance of nutrition for the promotion of health, and the prevention and treatment of disease.
- Know the basic scientific principles of human nutrition.
- Understand nutrition-related problems in individuals and the community.
- Provide general dietary advice to general population and patients.
- Identify patients at risk of malnutrition or malnourished and know how to treat them and when to refer to a specialist in clinical nutrition.

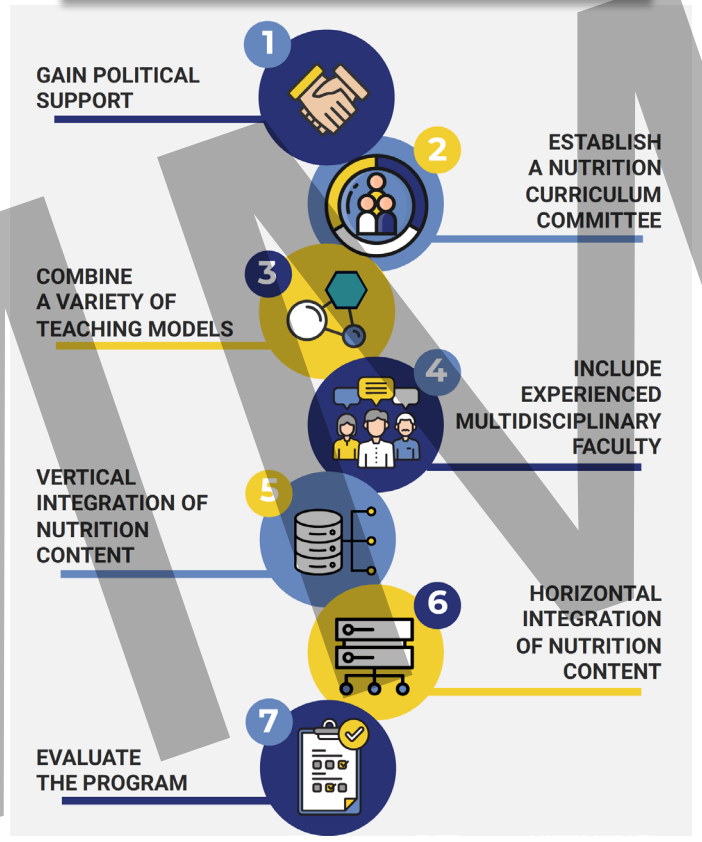
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Implementing NE in MS

KEY FACTORS FOR IMPLEMENTATION





INTEGRATION OF NEMS BETWEEN UNIVERSITIES AND ESPEN

NEMS helps universities

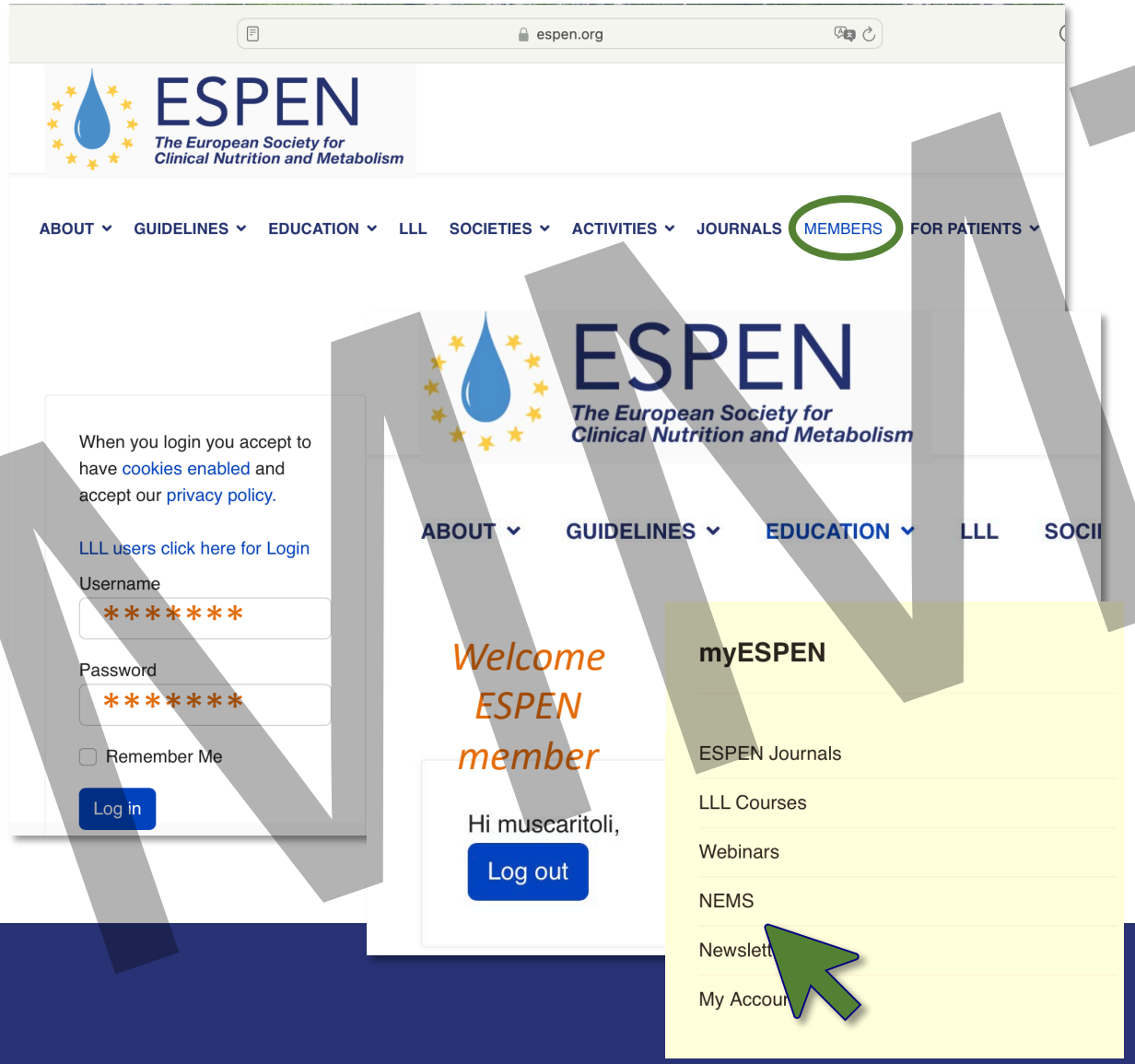
- **provide human nutrition education** efficiently and more extensively
- **Include NEMS** in their different models of teaching (parallel, integrated, case-solving based)

NEMS

Universities help NEMS

- **give** knowledge, solutions and innovation,
- **support** collaboration between curriculum key Faculty and ESPEN
- **Ensure** that future doctors achieve the proposed learning objectives

NEMS slides are available at the ESPEN website



- **Go** to the webside *www.espen.org* section Members
- **Login** as a member
- **Click** on NEMS, in myESPEN menu

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THE EUROPEAN SOCIETY FOR CLINICAL NUTRITION AND METABOLISM

Education and Culture DG
Lifelong Learning Programme

ESPEN global educational project

Lifelong Learning LLL Programme in Clinical Nutrition and Metabolism

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THE EUROPEAN SOCIETY FOR CLINICAL NUTRITION AND METABOLISM

Education and Culture DG

Programme

ESPEN LLL programm in nutrition

Is an ESPEN global effort:

- To improve knowledge in Clinical Nutrition and Metabolism
- To improve the quality of care in nutrition
- To offer recognition to well-trained specialists in nutrition
- The programm is on the internet for free

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LLL Programme

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Education and Culture DG
Lifelong Learning Programme

The LLL programme is the most globel educational tool with

- **134 web modules and**
- **24 Live courses**

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Education and Culture DG
Lifelong Learning Programme

LLL
On-line Participants

81’888 participants are registered on the LLL-Portal

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LLL Courses

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Education and Culture DG
Lifelong Learning Programme

LLL courses were held in all 5 Continents and in 79 Countries

Europe 36 and out of Europe in 43 countries

-

Since 2005 3050 LLL Courses have been organized

- **2573 LLL as Live Courses**
- **477 LLL as Webinars**

113’872 participants have attended!!!!!!

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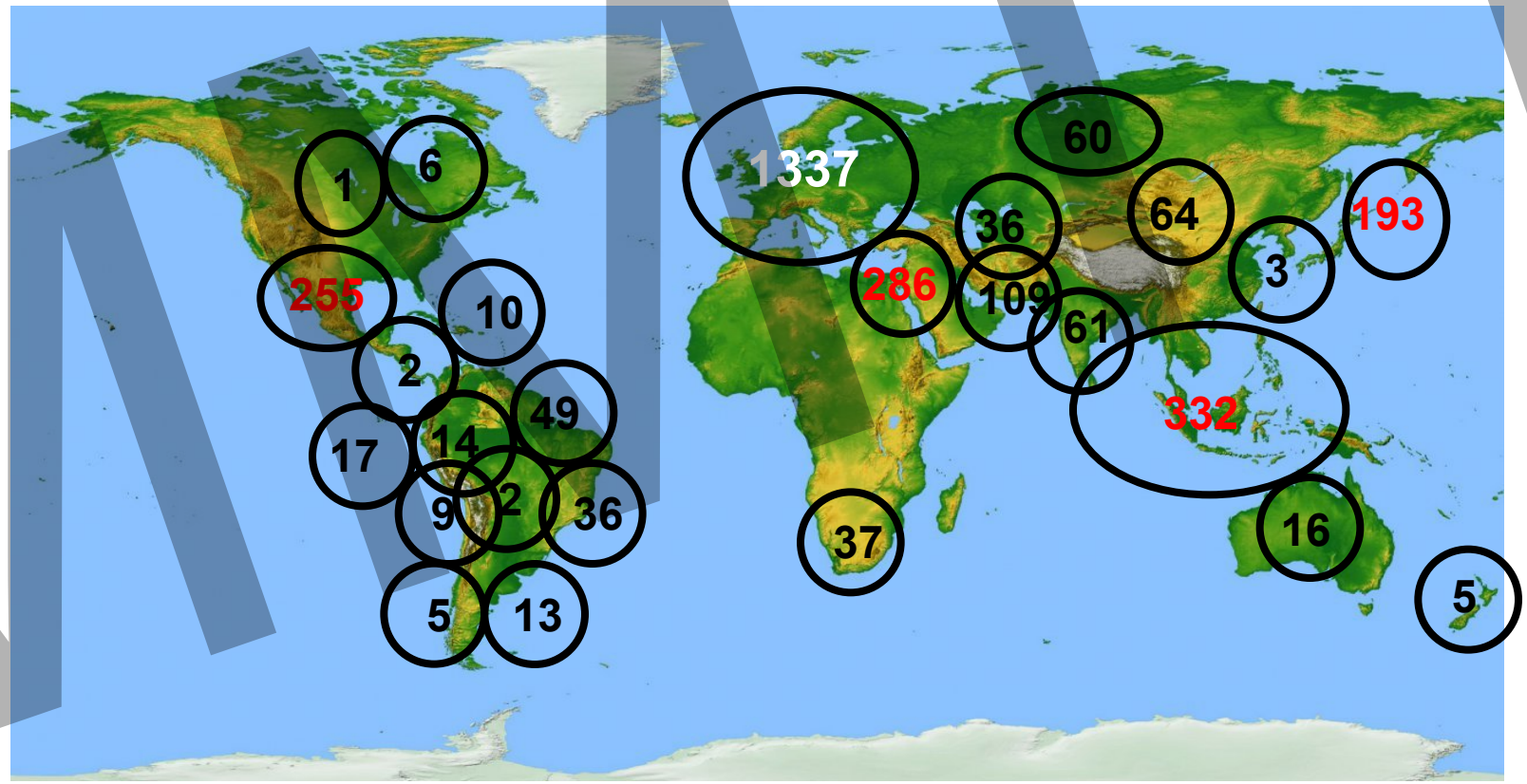
Courses in the World

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Education and Culture DG
Lifelong Learning Programme

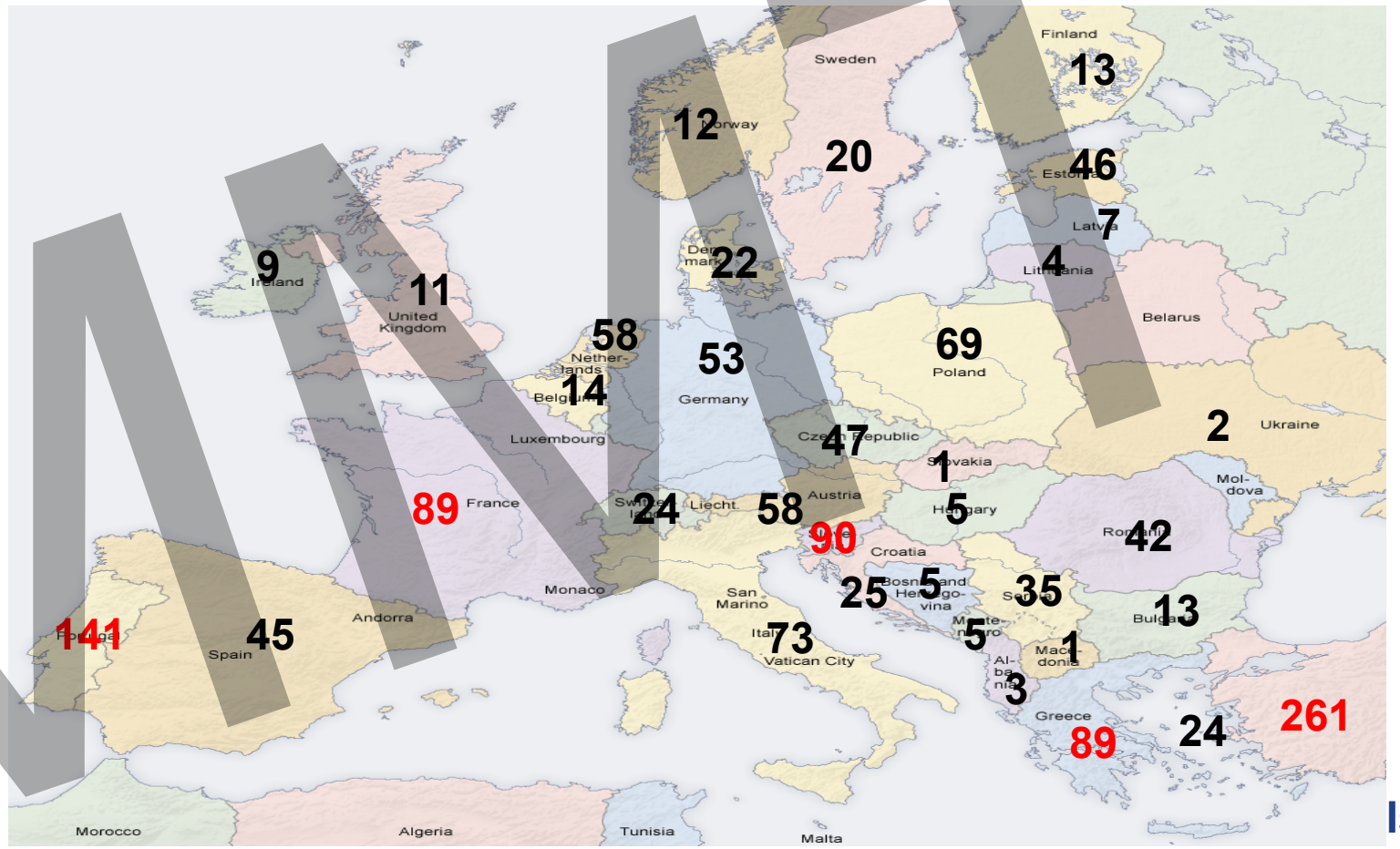
Top 4 in red



NOT

Courses in Europe

Top 5 in red



Israel 10

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LLL Teachers

Education and Culture DG
Lifelong Learning Programme

- In 35 TLLL courses 661 LLL Teachers were trained (~50% are active)!!!



New TLLL teachers Berlin 2026

Promting the specialisation of MD's in clinical nutrition

- In very few countries there is no specialisation of MD's in clinical nutrition
- ESPEN is supporting national societies for getting more countries for MD's specialisation, but the progress is very slow!!!

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ESPEN Guidelines

- ESPEN became a leader of develloping guideleines
- All guidelines are free available in the ESPEN website (www.espen.org)
- The problem is that the guidelines are underused!!
- So increasing awareness is crucial

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NutritionDay as educational tool



- nutritionDay is a global initiative to raise awareness about disease-related malnutrition in healthcare settings

  (Hospitals, ICUs, Nursing Homes, Primary Care)



- nDay is a Annual cross-sectional audit and benchmarking tool to monitor and improve nutritional care offered in the units



- nDay improves patient care through data-driven insights.

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The Educational Value of nutritionDay

nutritionDay WORLDWIDE

Beyond data collection → reflection, benchmarking, and improvement,

It fosters interdisciplinary education

nDay is an opportunity for continuous learning through participation



UNIT TEAM



NUTRITION SUPPORT TEAM



HOSPITAL MANAGEMENT



MEDICAL, DIETETIC STUDENTS



HEALTHCARE AND GOVERNMENT

NMT

ESPEN The European Society for Clinical Nutrition and Metabolism

MEDICAL UNIVERSITY OF VIENNA

Students & Education

- nDay as a practical teaching tool for medical, nursing, and dietetic students
- Develop data literacy and patient care understanding



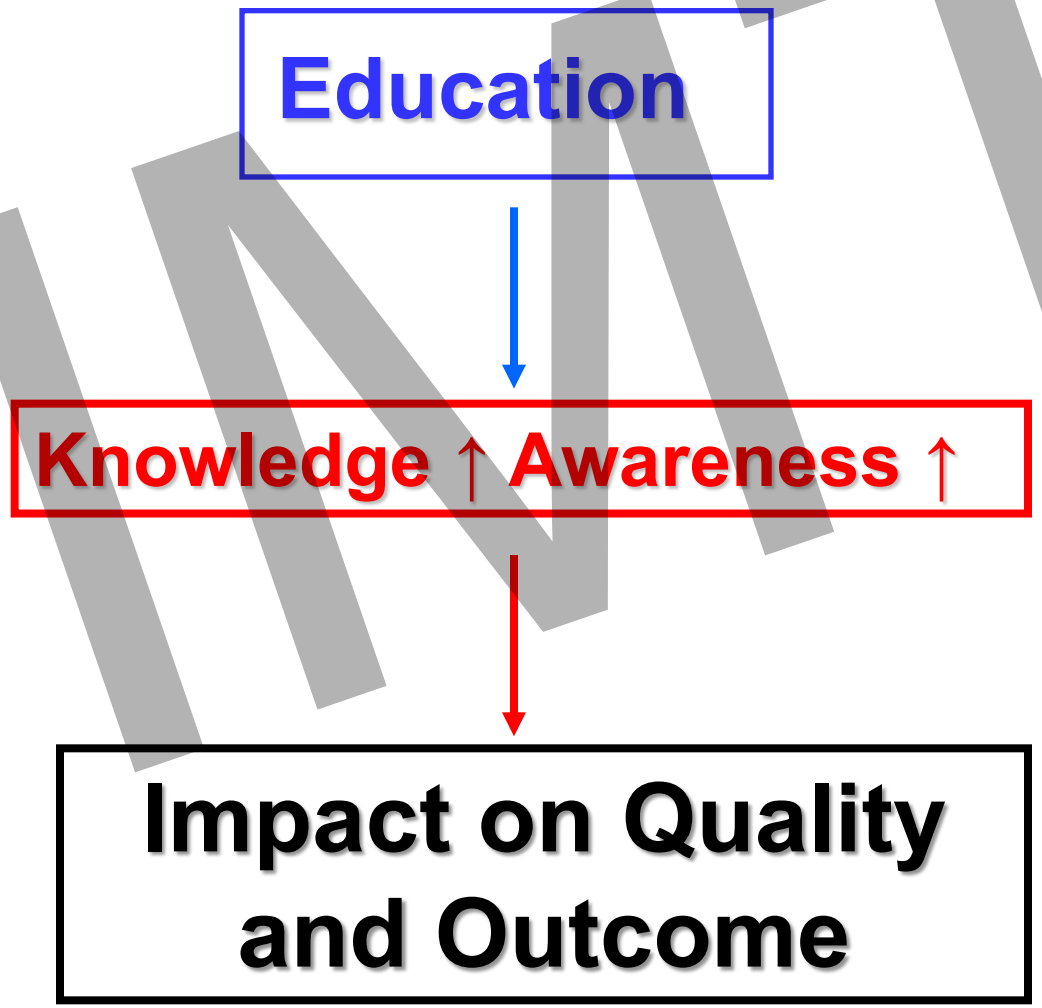


nutritionDay
WORLDWIDE

ESPEN
The European Society for Clinical Nutrition and Metabolism

MEDICAL UNIVERSITY OF VIENNA

Conclusion III



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Education and outcome

Education of health care providers helped to improve outcome:

- More sceening and assessment is performed by GLIM
- More patients with malnutrition are getting better nutritional support using GLIM, this improves outcome and reduce costs
- Implementation the ERAS protocol improves outcome
- Participation in the nutritionDay shows the outcome
- Using nutritional support teams improve outcome
- Using guidelines improve outcome
- .....

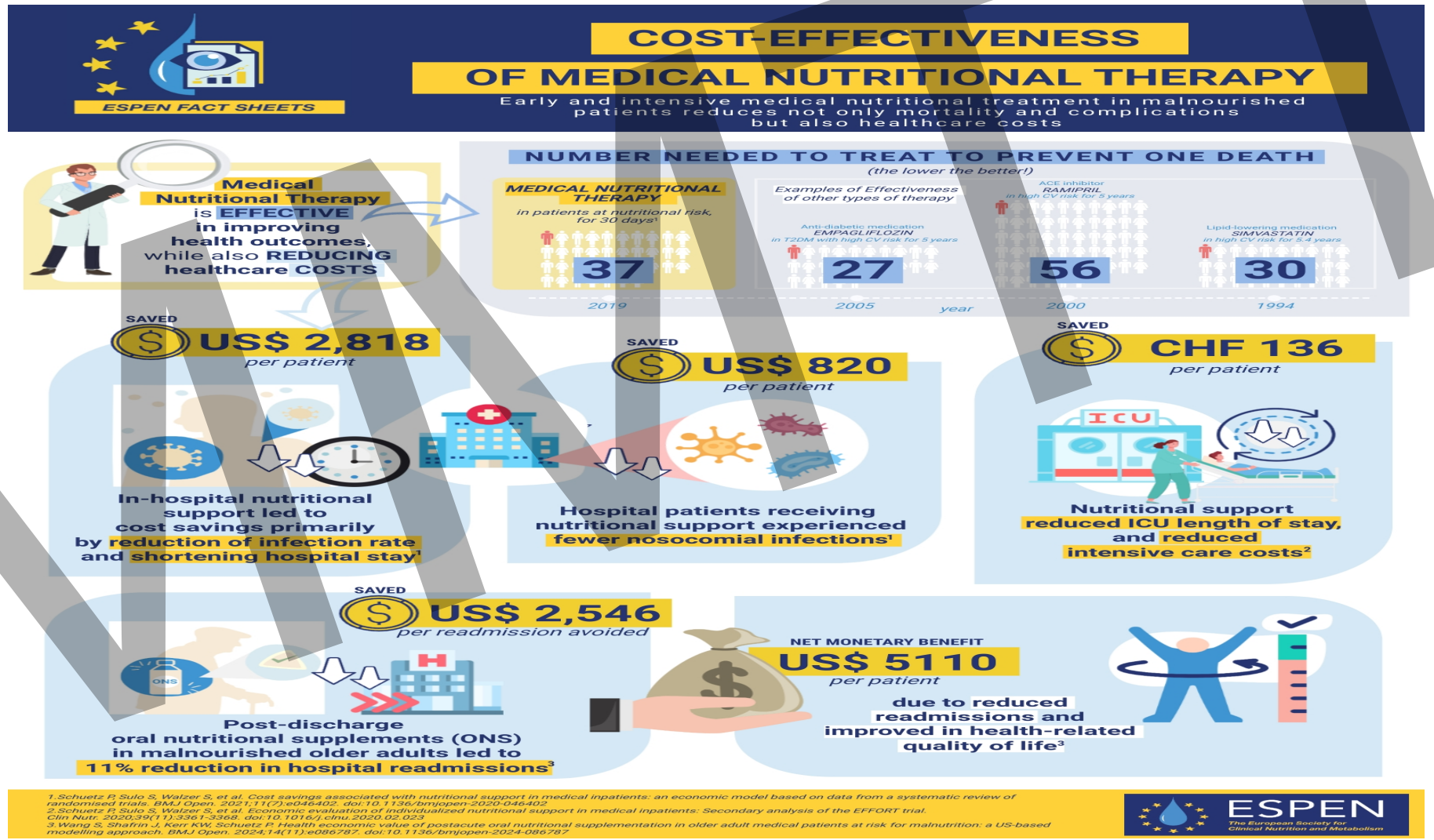
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Evaluating the effect of nutritional support in geriatric inpatients classified by the GLIM criteria

Among older inpatients at nutritional risk, those with malnutrition classified according to the GLIM criteria benefited from nutritional support, demonstrating improved BMI, MNA-SF scores, calf circumference, and Barthel ADL index, as well as reduced readmission rates and incidence of falls.

S. Jiang et all, J Nutr Health Aging 2025

Adequate nutrition therapy and outcome and costs



NutritionDay

The NutritionDay measure quality and outcome

Hospital	Ambulatory Settings	Oncology	ICU	Nursing Home	Primary Care
10730	2232	1953	2140	1993	1248
	39 Countries		29	5	8

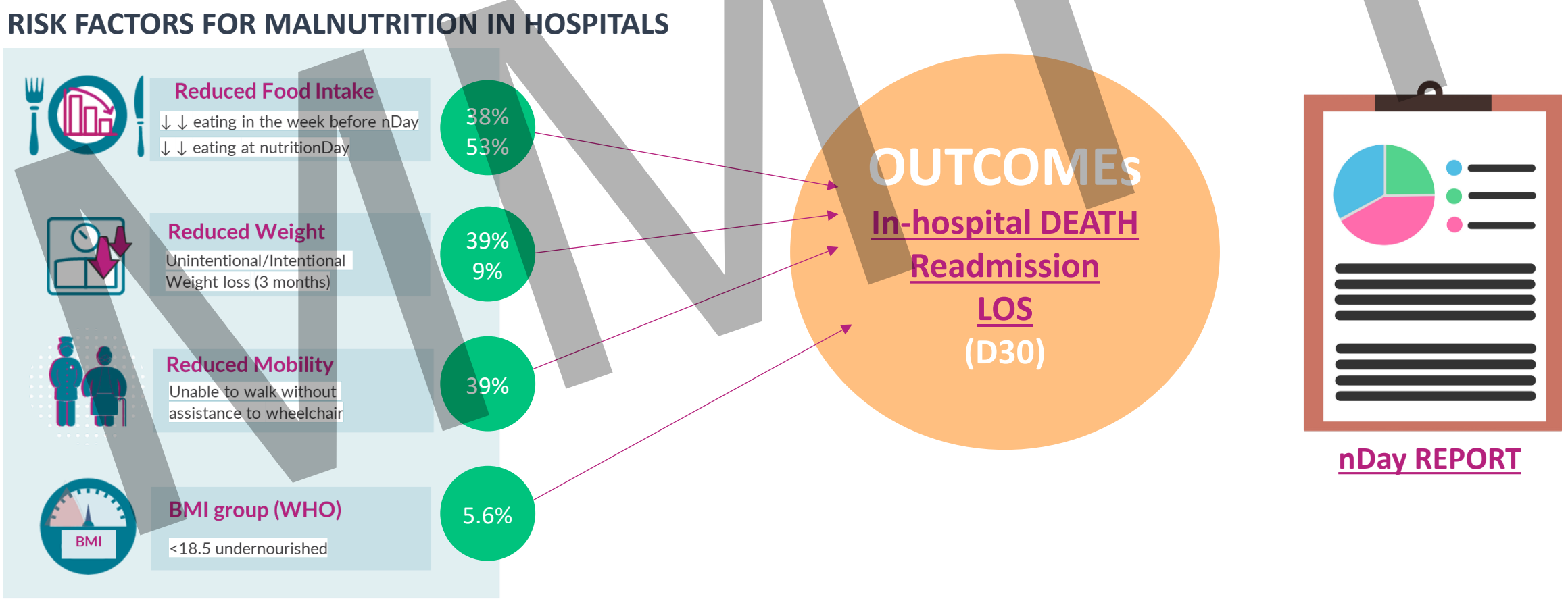
More than 300’000 patients from 74 countries in the data base

www.nutritionday.org

Why nutritionDay matters?

- nutritionDay empowers institutions to **identify risk factors and improve care processes and outcomes**

→ LEARNING THROUGH DATA COLLECTION

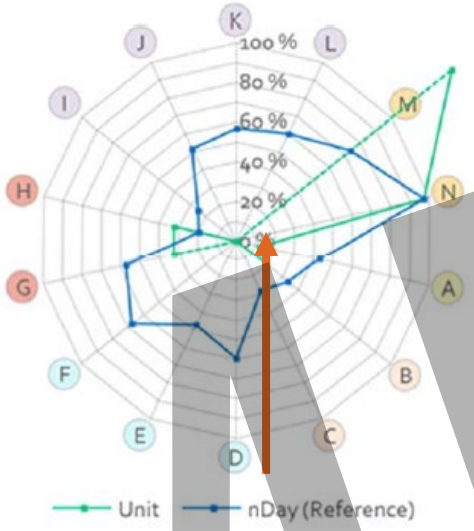


From Data to Action

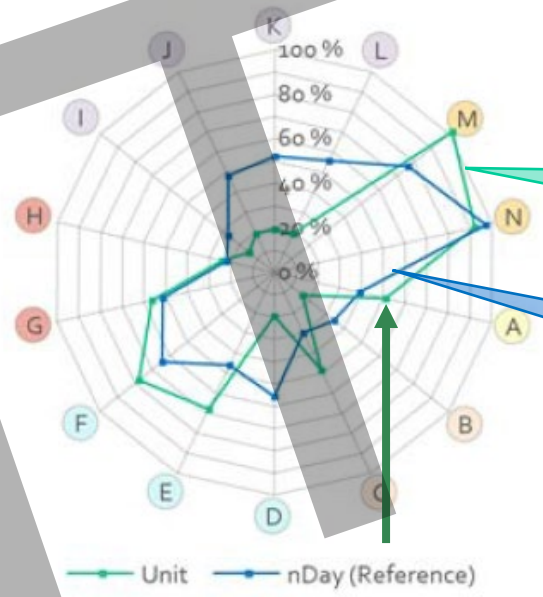
Improvement of nutritional screening in a surgical unit at Gustave Roussy (FR)

nutritionDay WORLDWIDE

2023



2024



Unit profile

Reference profile

<5% or patients weighed at admission

50% patients weighed at admission

- Translate nDay findings into change.
- Continuous education through reflection and comparison.

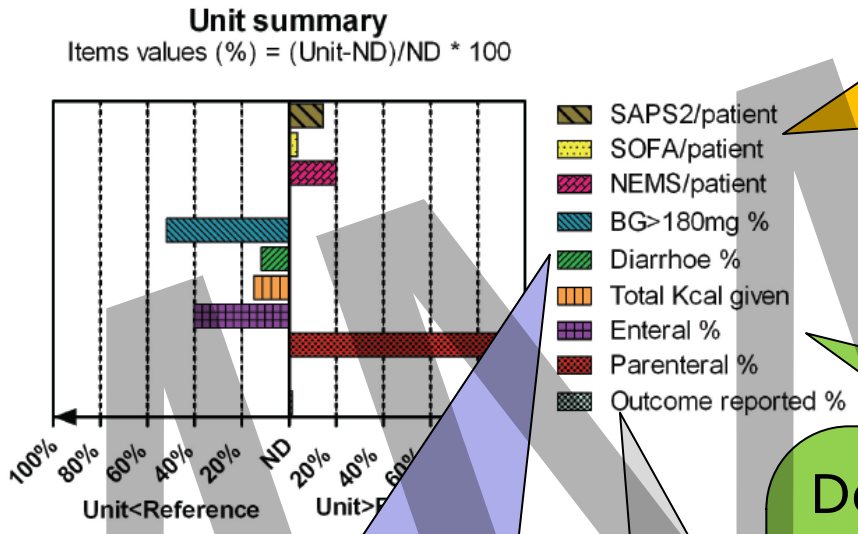


GUSTAVE ROUSSY CANCER CAMPUS GRAND PARIS

UNIT 0001

NMIT

nutritionDay ICU
nutrition benchmarking graphics



Description:
1. Admission severity (SAPS 2) + 15%
2. Actual organ failure (SOFA) +/- 0%
3. Nursing work (NEMS) + 20%

Description:
1. Energy slightly below average
2. Use of enteral nutrition 40% below average
3. Use of parenteral 100% above average

Description:
1. 50% lower prevalence of hyperglycaemia
2. Slightly less diarrhoe than average

Data quality:
Average Outcome reporting

Conclusion IV

- Education is crucial to treat patients with malnutrition
- The diagnosis of malnutrition by GLIM helps to select the patients at risk
- The use of nutritional educational programmes helps to treat the patients at risk
- Optimal nutritional support improves outcome
- In the future we need more studies about education and outcome

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Thank you for your attention

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