

# ESPEN 2018 Abstract Submission

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## MALNUTRITION IN PORTUGUESE INTERNAL MEDICINE WARDS: MULTI-CENTER PREVALENCE STUDY

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**Rationale:** Malnutrition is a cause and consequence of disease in adults. It is often unrecognized and untreated; yet it has a substantial impact on health across all care settings. Internal Medicine wards are the backbone of the hospital setting, but multicenter studies evaluating the prevalence of malnutrition in this setting are scarce. We aimed to determine the prevalence of malnutrition and malnutrition risk in Portuguese Internal Medicine wards.

**Methods:** Cross-sectional multicenter study in the Internal Medicine wards of 24 Hospitals in Portugal in 2017. Demographic data, type of admission, information regarding admissions in the previous year, primary diagnosis and Charlson Comorbidity Index (CCI) were collected. Malnutrition risk at admission was assessed with Nutritional Risk Screening (NRS) 2002 and malnutrition with Patient-Generated Subjective Global Assessment (PG-SGA): A=Well nourished, B=Suspected/moderate malnutrition, C=Severely malnourished.

**Results:** Data of 729 patients (median age 78 years [18-101 y], 51% male, 78% low education degree (4 years of education), 67% living independently) were analysed. 87% were admitted through the emergency department (main diagnosis respiratory infection [26%] and decompensated heart failure [12%] and 38% of the total cohort had been inpatient in the last year. Median CCI was 6 (0-17). Using PG-SGA 27% were well nourish, 56% had suspected/ moderate malnutrition and 17% were severely malnourished, while NRS 2002 identified 51% (371) as at risk of malnutrition.

**Conclusions:** Prevalence of malnutrition in the Portuguese Internal Medicine ward population is high. This population is composed by elderly patients with multiple comorbidities. To prevent or treat malnutrition, routine screening at admission, and a malnutrition treatment and monitoring plan is needed to improve nutritional status in this population.

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