BAPEN COVID-19 Service Improvement & Innovation Awards Entry Form

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Summary of the Service Improvement & Innovation:

In response to the COVID-19 pandemic and in anticipation of potentially large numbers of vulnerable individuals requiring dietary advice and oral nutrition support as a result of hospitalisation for a COVID-19 infection or experiencing a COVID-19 infection, the Malnutrition Pathway advisory panel rapidly produced resources for healthcare professionals, care homes and patients to assist in the nutritional management of patients during and after COVID-19 infection.

Learning from clinical experience and insights across the multidisciplinary team and the literature published, the team created an interactive resource finder for patients and healthcare professionals to guide the user to the most appropriate nutritional resources and advice based on COVID-19 symptoms known to interfere with eating and drinking, appetite, nutritional risk, taking into account pre-existing co-morbidities such as CVD, diabetes, frailty and the move towards virtual consultations. The information created is summarised below under 3 primary categories:

1. 'Eating Well During and After COVID-19 Illness' for those with a good appetite, no reported unintentional weight loss and wanting to eat well
   https://www.malnutritionpathway.co.uk/library/covid19green.pdf
   Information to guide choices for a balanced diet to help maintain your strength and fitness and optimise recovery

2. 'Improving Nutrition During and After COVID-19 Illness'
   https://www.malnutritionpathway.co.uk/library/covid19yellow.pdf
   Information for those with a poor appetite and/or recent unintentional weight loss, including tips to manage diet-related issues associated with COVID-19, increase strength and optimise recovery and derive the most from food.

3. 'Nutrition Support During and After COVID-19 Illness'
   https://www.malnutritionpathway.co.uk/library/covid19red.pdf
   Information for those who have been very unwell. Aimed at those who have recently been discharged from hospital after a severe COVID-19 illness or who are struggling to eat enough and are underweight and/or have lost significant amounts of weight due to the COVID-19 infection and / or pre-existing illness. The information provides advice on increasing nutritional intake, symptom management, use of oral nutritional supplements and the positive impact of resistance activity on preservation of muscle and regaining function.

The leaflets, supporting advice and a resource finder tool were made available for free at https://www.malnutritionpathway.co.uk/covid19

A supporting **'Community Healthcare Professional Guide to the Nutritional Management of Patients During and After COVID-19 Illness'** including a care pathway to guide professionals to appropriate patient / carer leaflets according to the patient's nutritional status and symptoms related to the COVID-19 infection was developed and incorporated the BAPEN MAG guidance on nutrition screening during COVID-19
https://www.malnutritionpathway.co.uk/library/covid19_hcpguide.pdf

The patient leaflets and professional guide were endorsed by the RCN, BDA and BAPEN.

We also created a complimentary fact sheet to assist care home staff which includes advice on dealing with symptoms that may affect the nutritional intake of residents during and after COVID-19 infection -
https://www.malnutritionpathway.co.uk/library/carehome_nutrition_covid19.pdf

Challenges faced and how they were overcome:

Initially we knew very little about the nutritional needs and issues experienced by patients affected by COVID-19 and it soon became apparent that there were many different types of patient according to the severity of the disease and their nutritional status prior to infection.

As data emerged on the patient characteristics of those with a mild, moderate or severe infection, we recognised the need to balance the advice for patients with pre-existing comorbidities that usually rely on dietary modification for management e.g. diabetes and CVD whilst also providing advice suitable for those with limited appetite, high risk of malnutrition, frailty, those of older age and taking into consideration the limited access to food and meal related socialisation that was created by shielding and isolation.

The range of materials have been demonstrated in practice to cater for the varying patient types. For ease of access in determining the resources most suited to individual patients a 'resource finder tool' on the malnutrition pathway website was created to assist patients and professionals in identifying the correct advice: https://www.malnutritionpathway.co.uk/covid19-resourcetool

Evaluation and Outcomes:

We turned around the production of the literature within a very short period of time:

- Project began - 10th April 2020
- Patient materials launched- 30th April 2020
- Professional pathway and materials launched -19th June 2020

The materials are being used widely across the NHS. They have been featured on 12 professional association websites and on a number of NHS websites including Blackpool Teaching Hospitals NHS Foundation Trust, The Mid Yorkshire Hospitals NHS Trust, Velindre Cancer Centre, Countess of Chester Hospital, NHS Forth Valley, Mid Yorkshire Hospitals NHS Trust, Buckinghamshire CCG, Milton Keynes University Hospital NHS Foundation Trust, Royal Devon and Exeter NHS Foundation Trust, Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust, University Hospitals of Derby and Burton NHS Foundation Trust.

The patient / carer leaflets have also been adopted by NHS Trusts for inclusion in NHS discharge resource packs for COVID-19 patients – examples include Guy's & St Thomas' NHS Foundation Trust, Great Western Hospitals NHS Foundation Trust, NHS Homerton University Hospital NHS Foundation Trust, Thameside & Glossop Integrated Care NHS Foundation Trust

The BDA utilised the content to create the NHS pages on nutrition in COVID-19.

Each of the three patient materials are currently being downloaded over 500 times a month. In addition the care homes document which was launched on 19 August 2020 has already been downloaded over 280 times.

The materials were launched via twitter and the media and gained:

- 51,861 impressions
- 645 link clicks
- 182 new followers
- 265 retweets
- over 440 likes
- over ten articles in healthcare professional media

Future Plans: We are continually assessing the materials and will update them as more information comes to light

We are in discussion with NHS England regarding the inclusion of the resources within their recovery app for people who have had COVID-19.