

# A national survey of GPs to assess the understanding and priority given to malnutrition in patients with COPD

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# Background

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- DRM is common in patients with COPD (21%)
- Evidence that oral nutrition support important part of management
- Primarily managed in the community
- GPs play a key role in their management
  - COPD accounts for ~1.4 million GP consultations per year



# Managing malnutrition in COPD

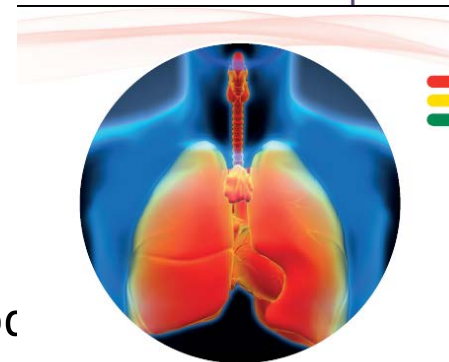
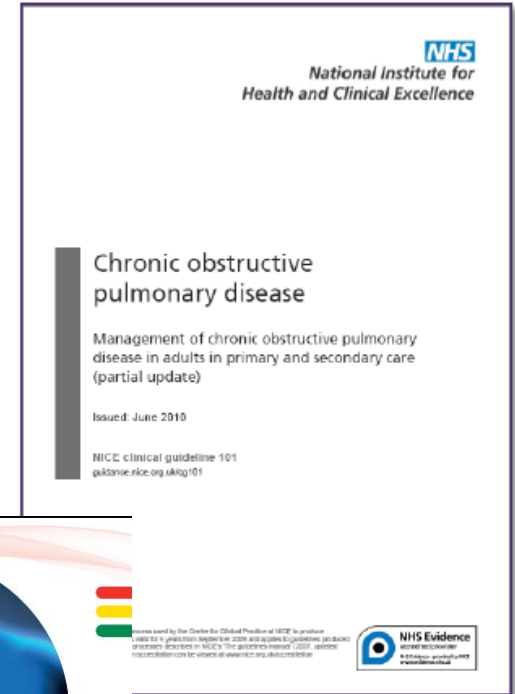
- NICE guidelines:

- NICE CG32 – Nutrition Support
- NICE QS24 – Nutrition Support with costing
- NICE CG101 – COPD

*-Calculate BMI, if BMI low (<20) patients should be given ONS*

- Pathways of management

<http://www.malnutritionpathway.co.uk/copd>



## Managing Malnutrition in COPD

Including a pathway for the appropriate use of ONS to support community healthcare professionals



# Objectives of GP survey

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This survey was undertaken to assess:

- understanding and level of priority given to malnutrition
- awareness and use of relevant NICE guidelines and pathways for management in those with COPD

# Nationally representative online survey

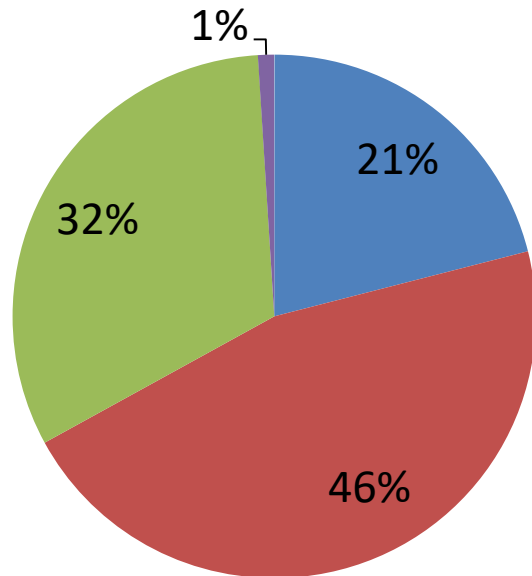
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- 100 GPs (69% male; 48.8±9y) (England 93%; Scotland 6%; Wales 1%)
- Prevalence
- Methods of identification and management of malnutrition
- Local policies
- Priority given to malnutrition
- Awareness and use of:
  - relevant NICE guidelines (CG101, CG32, QS24)
  - pathways (e.g. Managing Malnutrition in COPD pathway)



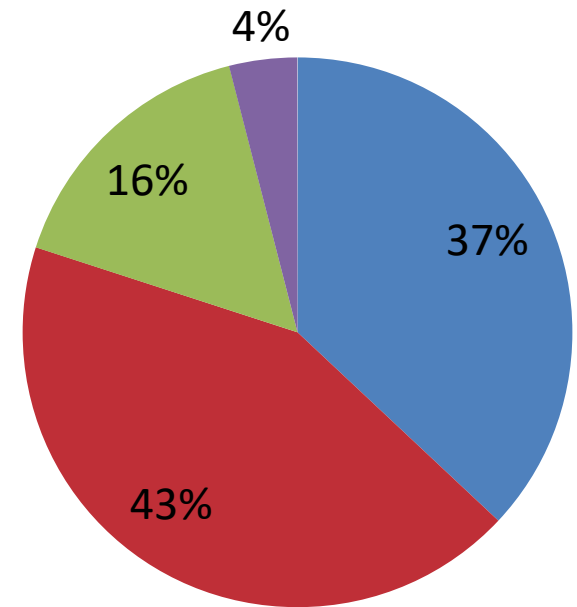
# Priority given to malnutrition in practice

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**All Patients**

- A low priority
- A medium priority
- A high priority
- No priority, I have never considered it



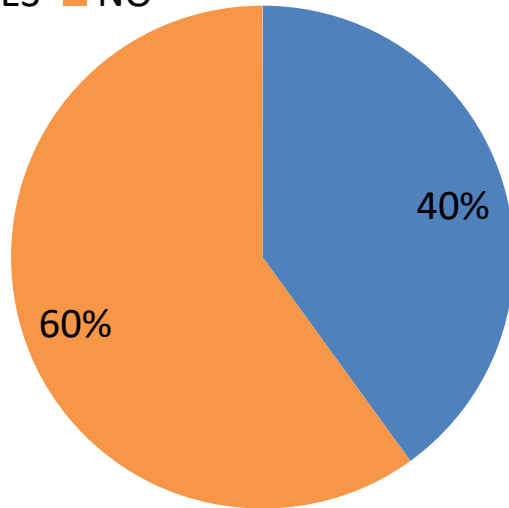
**Patients with COPD**

# Prevalence and screening (COPD)

- GPs estimated that about one fifth (22%) of their COPD patients were at risk of malnutrition

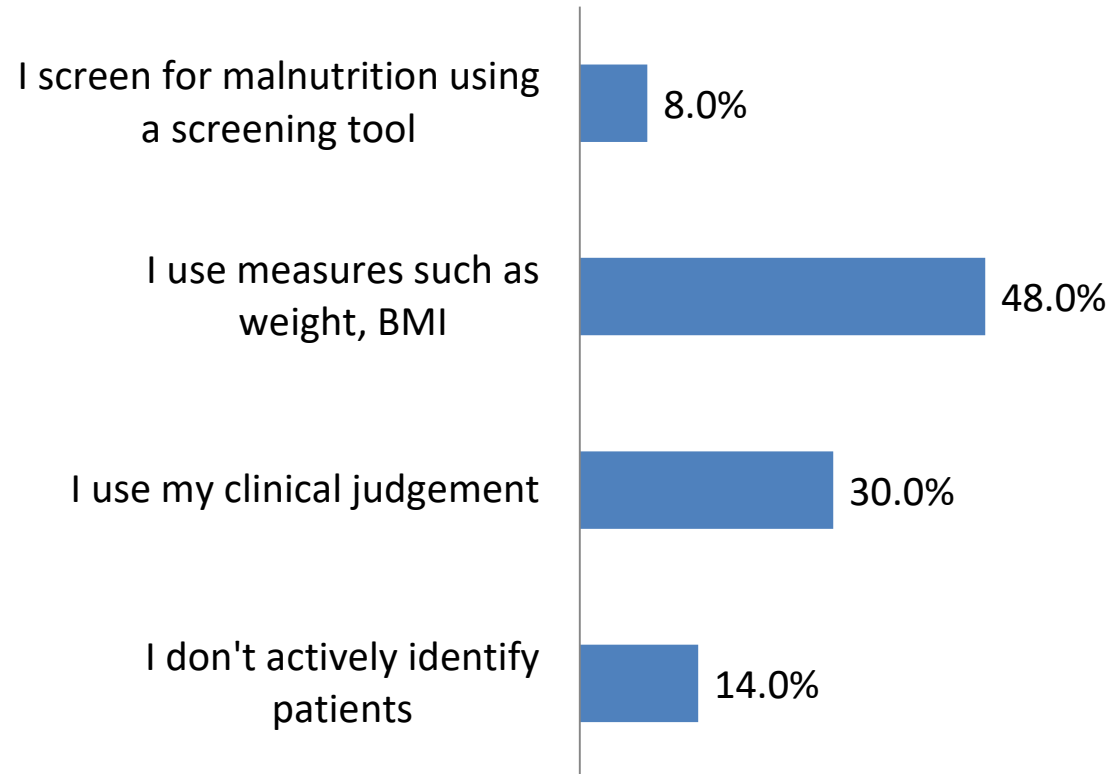
## *Routine nutrition assessment of patients?*

■ YES ■ NO



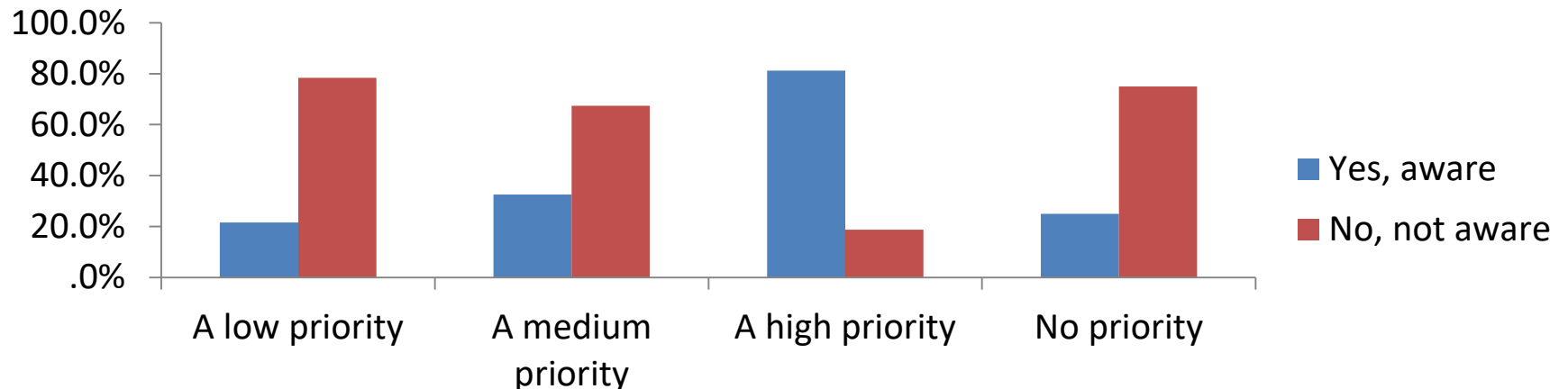
45% < once a year

## *How identify at-risk patients?*



# NICE guidelines

- **51%** were aware of NICE CG101 and nutritional recommendations therein
- **22%** were aware of possible cost savings of NICE CG32/QS24
- **36%** knew of the NICE CG32 recommendation for tackling malnutrition with oral nutritional support
- **GPs who were aware of NICE CG32 gave a significantly higher priority to malnutrition in their practice**

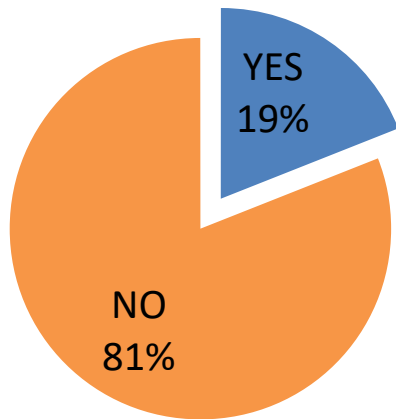


# Management strategies

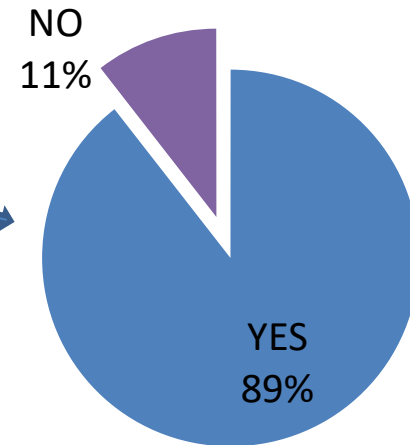
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- Referral to a dietitian (59%)
- Diet sheet (35%)
- Oral nutritional supplements (30%)

*'Aware of Managing Malnutrition in COPD' pathway?*



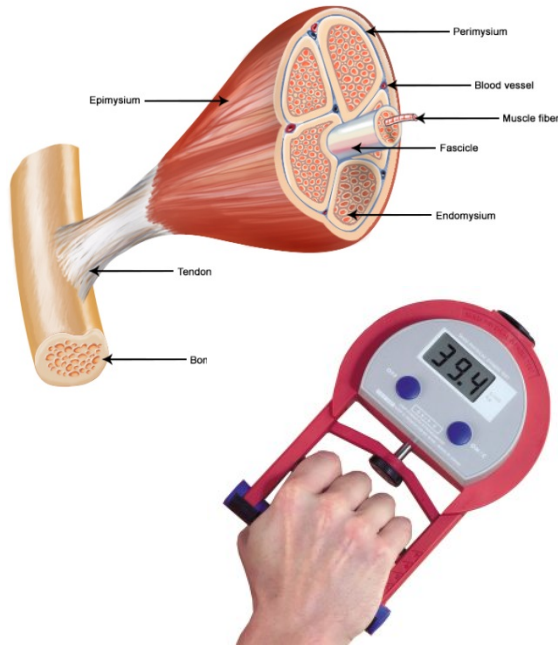
*Follow this pathway to manage COPD patients?*



# Nutritional outcomes of interest

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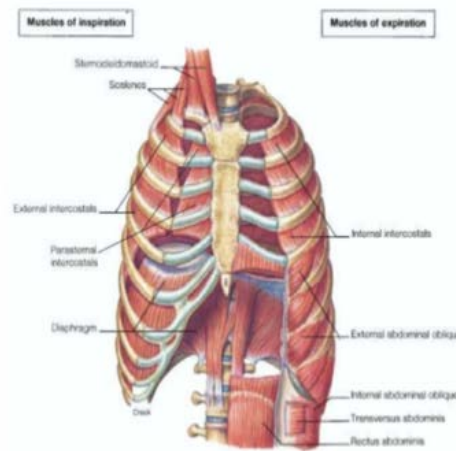
Structure of a Skeletal Muscle



## **Muscle Strength**

mean ranking: 8/10

## **MUSCLES OF RESPIRATION**



## **Respiratory muscle strength**

mean ranking: 7/10

## **Respiratory function**

mean ranking: 8/10



## **Economic measures**

mean ranking: 8.5/10

# Summary

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- GPs expressed some awareness of:
  - Malnutrition and prevalence
  - Importance of its management in patients with COPD
- Action points:
  - Increase awareness and usage of key guidelines and pathways
  - Increase the priority of malnutrition with GPs ensuring malnourished patients in the community are managed appropriately