



Passport to health

Nutritional self-assessment. Empowerment of the patient and primary care health professionals.

Project team

Marcin Folwarski, Paweł Lubomski, Dorota Mańkowska- Wierzbička, Stanisław Kłęk

Contact: Marcin Folwarski, Medical University in Gdańsk (marcinfol@gumed.edu.pl), POLSPEN



POLSPEN

Description of the initiative

• Background / context

During the ESPEN Congress in 2022, a Vienna Declaration was signed, considering nutrition as a basic human right. It is important to spread this message among health professionals and to empower and educate patients. Nutrition screening and early implementation of treatment are key factors in the management of malnutrition.

• Rationale for the initiative

Our goal is to promote early nutrition screening and intervention. The strategy is to develop a patient-centered educational model supported by a simple online self-assessment tool. A web knowledge base with basic information and algorithms will be also addressed for primary care health professionals.

• Objectives and scope

The aim is to create an 'airport-like' check-in for patients seeing a physician with an online tool for self-assessment of nutritional status. A "nutrition passport" will be generated on the website with the screening result and a QR code with a link to the knowledge base for the patient and physician. Online activities in the knowledge base will be associated with the screening record. Patients and physicians will be surveyed about the knowledge gained and the treatment initiated.

Planned activities & deliverables

• Outline the steps to be taken

1. Developing the web-based self-screening tool and online knowledge base for patients and physicians
2. Promotion of the project - posters, radio and television information, dissemination of information in health care facilities throughout the country through POLSPEN
3. Collection of (anonymous) data from the project
 - a. Patient self-assessments and online activities within the webtool
 - b. Data on physicians' online activities within the web tool
 - c. Follow-up surveys of patients and physicians registered on the website
4. Publication of project results.

• What achievements are possible in the next 12 and 24 months?

0-6 months- development of the web-based self-screening tool and the online knowledge base

6-20 months- project promotion and data collection

20-24 months- data analysis and publication of the results

Resources & enablers

• Personnel

-The IT solution (online tool for self-assessment) and knowledge base will be developed by team members (Marcin Folwarski, and Paweł Lubomski) from FarU (Fahrenheit Universities – cooperation of the Medical University of Gdańsk and Gdańsk University of Technology). Project advisory team – Prof. Mańkowska-Wierzbička, Prof. Stanisław Kłęk

• Specify how the grant will be spent

Overall financial support requested is 30 000 euros. 15 000 Euro- IT solutions to develop of web-based tool for self-screening and the online knowledge base 5 000 Euro- Knowledge base for the online service, 5 000 Euro- Promotional materials and events, 5 000 Euro – data analysis, preparation of open-source publication of study results

• What factors will make it successful?

- Simple, accessible and free webtool for patients
- Understandable knowledge base, using simple algorithms
- Nationwide dissemination of the project through POLSPEN.
- Possible collaboration with other countries

Results/outcomes & expected impact

• How will the findings be implemented?

Implementation of nutritional self-assessment will be recommended for outpatient clinics, general practitioners, home care services and primary care as a standard procedure.

• How will this project advance patient care / contribute to optimal nutritional care?

Early nutrition screening and diagnosis of malnutrition will contribute to nutrition care in the early stages of the disease. Empowered and educated patients will encourage healthcare providers initiate the treatment.

• What makes the project innovative?

- Easy, airport-like check-in for treatment with nutrition screening.
- It is a patient-centered strategy to spread knowledge and awareness that nutrition is a basic human right.
- It targets health care professionals working outside of hospitals.

• Will the project be likely to influence national nutrition policy?

The project is likely to start a discussion on national recommendations for nutritional screening in primary care.

• Is the project transferable to other settings / countries?

The project is easily transferable to other countries. The webtool for screening will be based on the GLIM criteria for malnutrition and validated screening tools.



Please tick to confirm the PEN letter of endorsement is attached.
Incomplete submissions will not be considered.