


Malnutrition in Tasmania – Taking action in the community setting

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Community Nutrition Unit




Who are we?

- Kacey Rubie, Carole MacGregor, Sue Beaumont
- Accredited Practising Dietitians
- Community Nutrition Unit
- Population Health, DHHS


- Receive HACC funding to provide the HACC Nutrition Service

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What is malnutrition?

- Malnutrition is characterised by a deficiency of energy, protein or other nutrients that causes measureable adverse effects on the body.




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Prevalence of malnutrition

- Wide variation in reported prevalence of malnutrition – dependant on methodology, criteria and setting.
- Reports of any where up to 50% & 60% in residential aged care and hospital settings.
- Prevalence of about 5% - 11% or more, in community living older people.


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Why is this an issue?

- Malnutrition increases health care costs by an estimated 60% for mean daily expenses, to over 309% when treatment costs are included.
- Reduction in quality of life:
 - Increased incident of falls and fractures
 - Increased complications – infections, pressure sores, ulcers
 - More frequent admissions and longer hospital stays
 - Less ability to live independently


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What is happening in Tasmania?

- No malnutrition screening being carried out in the community setting.
- No nutrition services directly funded to support older people in the community who might be at risk.
- HACC Nutrition Service – plans to support HACC providers to implement screening, and assist clients with the underlying causes as much as possible within their scope.

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Malnutrition Screening Tool (MST)

1. Have you/the client lost weight recently without trying?

NO	0
UNSURE	2
YES, how much (kg)?	
1-5	1
6-10	2
11-15	3
>15	4
Unsure	2

2. Have you/the client been eating poorly because of a decreased appetite?

NO	0
YES	1

Total Score:

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What next?

- Ongoing communication with acute services
- Trial the MST and accompanying documents with HACC providers over a 3-4 month period
- Provide training and support through this trial period
- Plan to roll out to all other relevant HACC service providers in the state mid 2011.

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Questions and contacts

- HACC Nutrition Service
- 03 6222 7222
- communitynutrition@dhhs.tas.gov.au

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