

# Individualised Nutritional Care for Disease-Related Malnutrition: Improving Outcomes by Focusing on What Matters to Patients

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## What Is Individualised Nutritional Care?

INDIVIDUALISED NUTRITIONAL CARE IS NUTRITIONAL CARE THAT IS TAILORED TO A PATIENT'S SPECIFIC NEEDS, PREFERENCES AND GOALS

The four key pillars of Individualised Nutritional Care are:



### What matters to patients

Engage in open conversations to understand the patient's experiences, needs, preferences and values



### Shared decision making

Co-create personally relevant goals with patients. Work in partnership with patients to support them in making informed decisions about their nutritional care



### Evidence informed multi-modal nutritional care

Employ evidence-informed multi-modal nutritional care that meets the patient's needs, preferences and goals based on thorough assessment and diagnosis



### Monitoring outcomes

Foster ongoing relationships and continuity of nutritional care, monitor progress towards co-created goals, encourage self-monitoring to support adherence

Optimal intervention, better adherence, improved outcomes

This visual is an adaptation from the article "Individualised Nutritional Care for Disease-Related Malnutrition: Improving Outcomes by Focusing on What Matters to Patients", published in *Nutrients*, 2022.<sup>1</sup>

## Why Provide Individualised Nutritional Care?

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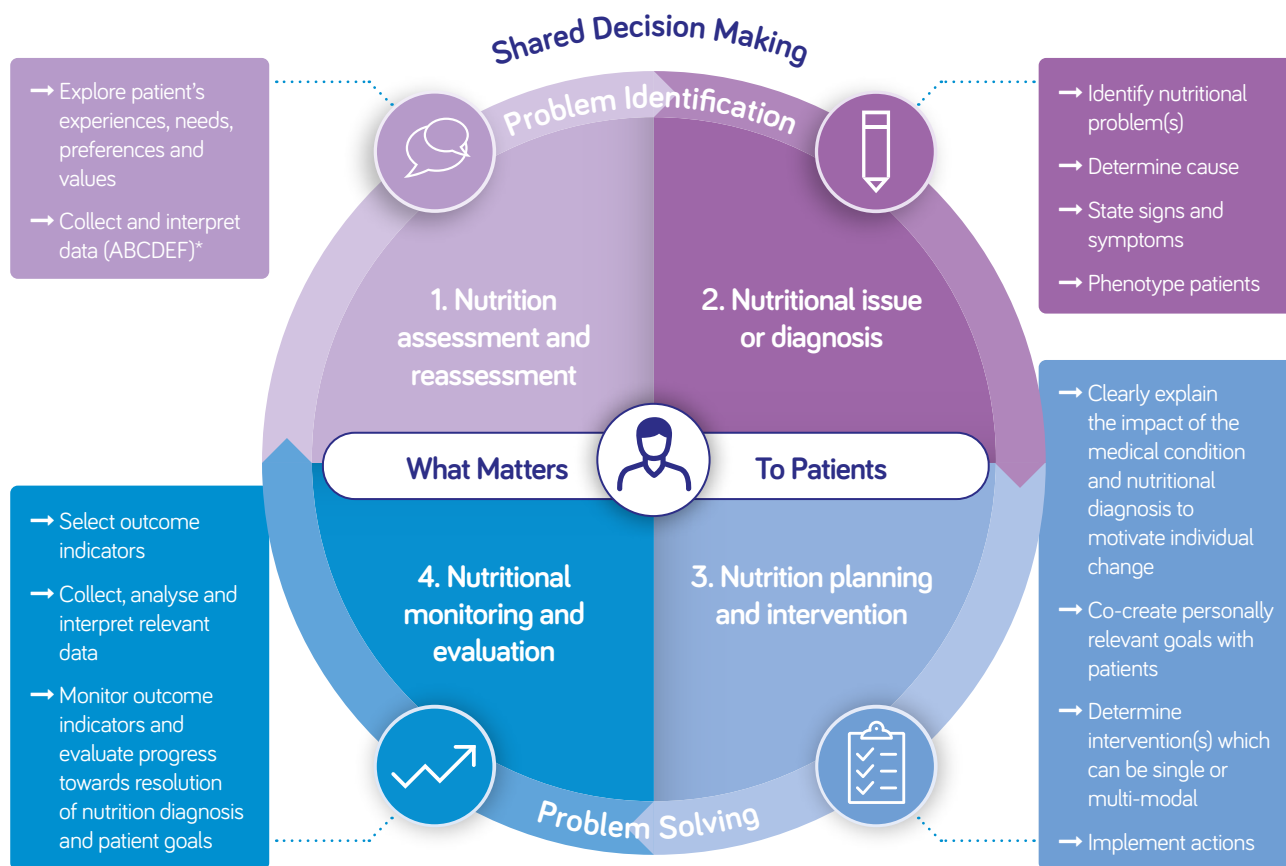
*There have been an increasing number of studies reporting aspects of individualisation over the past twenty years<sup>1</sup>.*

*"The aim (of Individualised nutritional care) is to support adherence and improve outcomes that matter to patients."*

1. Holdoway et al. *Nutrients*.2022;14:1-17.

# How Can Healthcare Professionals Provide Individualised Nutritional Care?

## INDIVIDUALISED NUTRITIONAL CARE USING THE NUTRITION CARE PROCESS



<sup>\*</sup>Anthropometric, biochemical, clinical, dietary, environmental, economic, functional.

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## When Should Individualised Nutritional Care Be Provided?

There are opportunities for both nutrition experts and non-experts to provide Individualised Nutritional Care

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Individualised Nutritional Care can be used for patients in all healthcare settings, from those requiring first line oral nutritional care e.g. nutrient dense meals, drinks and snacks, assistance with eating, monitoring intake and body weight, to complex nutritional care.  
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**Nutricia Is Committed To Helping Health Care Providers Deliver Individualised Nutritional Care To Their Patients**

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1. Holdoway A, et al. Individualised Nutritional Care for Disease-Related Malnutrition: Improving Outcomes by Focusing on What Matters to Patients. *Nutrients*. 2022;14:1-17.