

CLINICAL NUTRITION GUIDELINES

HOW TO PREVENT AND MANAGE CHRONIC CONDITIONS

Good quality food in general and medical nutrition in particular are highly beneficial to patients.

EPF promotes improving policies and practices on these, in the face of Europe's growing burden of diseases associated with poor nutrition, including undernutrition. Better public awareness is essential.

WHAT IS CLINICAL NUTRITION?

Clinical nutrition is a discipline which deals with the prevention, diagnosis and management of nutritional and metabolic changes related to acute and chronic diseases and conditions caused by a lack or excess of energy and nutrients. Any nutritional measure, preventive or curative, targeting individual patients is clinical nutrition.



Clinical nutrition guidelines provide the needed support to patients and family members



Research and guidelines should be explained and disseminated in a patient-friendly way



When patients are unable to eat normally, they may need specialised nutrition administered via the stomach, intestine, or via the vein



Healthcare professionals should use evidence-based guidelines when selecting the most appropriate method of nutritional support



More inclusive research that mirrors citizens and patients experiences is needed

WHAT IS EPF ADVOCATING FOR?



Shared decision-making. Clinical nutrition guidelines and lay summaries should be developed together with patients and patient organisations.



Food-based dietary guidelines and person-centred recommendations relating to food and diet choice need to be introduced in evidence-based clinical nutrition guidance. *People do not eat nutrition, but they do eat food!*



Increased health literacy of patients and healthcare professionals and informed decision-making concerning nutrition. To further promote this, EPF supports the pan-European Optimal Nutritional Care for All campaign (<https://european-nutrition.org/>).



Active involvement of patient organisations in research studying the ways in which nutrition affects certain disease areas.



Inclusion of nutritional screening for undernutrition in overall disease management programmes and nutrition counseling throughout the healthcare system.



Guaranteed access to appropriate and timely nutritional care to all patients at risk of malnutrition.

PATIENT PERSPECTIVE

EATING IS NOT A LUXURY AND FOOD IS MUCH MORE THAN NUTRITION



My mental and physical craving for food is something which the doctors failed to understand, and which nobody could help me deal with. Sometimes I felt I was going crazy with hunger. Not being able to eat like any other person is socially alienating and very depressing, and the truth is that being able to eat a very limited diet is not much easier than eating nothing at all. Eating is not a luxury and food is much more than nutrition.

Orna, Israel

AN EXAMPLE OF PATIENT INVOLVEMENT IN GUIDELINES AND LAY SUMMARIES DEVELOPMENT

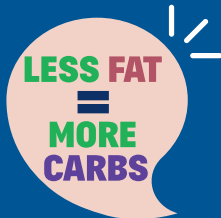
EPF and ESPEN (<https://www.espen.org/>), the European Society for Clinical Nutrition and Metabolism, are collaborating on

- developing patient versions of guidelines and
- ensuring strong patient involvement in the review of new guidelines.

This collaboration began in 2018, and currently addresses 14 disease and care areas. EPF is working closely with its membership and the wider patient community to facilitate patient involvement in these activities.



PATIENT INFORMATION ABOUT FOOD: WHAT IS EPF ADVOCATING FOR?



More transparency from food manufacturers



Mandatory colour-coded front-of-pack labelling across food products and European harmonisation



Optimisation of the EU 'Food Labelling Regulation'



Involvement of patient organisations to ensure that manufacturers display the label information patients need in an easily understandable way.



Further collaboration between consumer and patient organisations on health nutrition and information awareness.

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