MANAGING G.I. IN MALNOURISHED ADULTS

New Consensus Guide for the Management of Gastrointestinal Intolerance in Malnourished Adults in the Community

· Research shows 78% of dietitians feel that more guidance is needed to support healthcare professionals managing patients with gastrointestinal tolerance issues.¹

· Abbott works with expert group to develop practical tool for all members of the multidisciplinary team

MAIDENHEAD 18 September 2014. Abbott Nutrition has launched a new resource to help healthcare professionals (HCPs) identify, assess and manage the symptoms of gastrointestinal (GI) intolerance in malnourished adults. The consensus guide has been developed by an experienced group of HCPs and is designed to provide support in the community setting for all members of the multi-disciplinary team dealing with this common and often distressing condition.

When symptoms suggestive of GI intolerance occur, prompt management is essential to prevent dehydration, weight loss and exacerbation of malnutrition. Effective symptom management improves patient quality of life and can help prevent avoidable hospital admissions and reduce the high economic burden already posed by malnutrition.² However, recognising the symptoms of GI intolerance, understanding their possible causes and deciding upon the best management strategy can be a challenge.

Kelly McCabe, Head of Dietetics & Therapies at the London Oncology Centre and chair of the expert group that developed the guide said, “GI intolerance affects a large and diverse group of people in the community. It can have a considerable impact on patient quality of life, yet is often under-recognised and under-diagnosed. There is a real need for practical guidance in this area.”

GI intolerance arises as a result of maldigestion and/or malabsorption of food and may be caused by clinical factors such as Coeliac disease, enzyme deficiency or GI surgery; or medicines including antibiotics and laxatives.³ The main symptoms include diarrhoea, steatorrhoea, bloating and abdominal discomfort.³
A recent survey amongst dietitians indicated that less than 20% of respondents would consider themselves to be very confident in managing all of the symptoms of GI intolerance. In addition, over three quarters (78%) of survey respondents felt that more guidance is needed to support HCPs dealing with patients experiencing symptoms of GI intolerance in the community.¹

The consensus guide takes a symptom-based approach that can be used across all patient groups, regardless of the cause of GI intolerance. It brings all of the information together in a concise format that is easy to use on a day-to-day basis and seeks to highlight red flag symptoms which require further specialist referral.

Carole Glencorse, Medical Director at Abbott Nutrition said, “The symptoms associated with GI intolerance can be diverse. We anticipate that this practical guide will assist all members of the multi-disciplinary team to better identify and manage GI intolerance in malnourished patients in the community.”


References


Notes to Editors

The consensus group was chaired by Kelly McCabe, Head of Dietetics &Therapies, London. The other members of the group were: Emily Albon, Specialist GI Dietitian, Devon; Jordan Barnard, Specialist Community Dietitian, Kent; Pam O’Donoghue, Oncology (Hepato-Pancreato-Biliary) Clinical Nurse Specialist, London; Elizabeth Piggott, Community Lead Dietitian, Manchester; Dr Marion Sloan, FRCGP, GP, Sheffield and Committee member of Primary Care Society for Gastroenterology (PCSG).
About Abbott Nutrition

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