

# ESPEN guideline on nutritional support for polymorbid medical inpatients

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**Standards and Guidelines**

**Small Intestine & Nutrition**

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**Updated ESPEN guideline provides 32 evidence-based recommendations on nutritional support for polymorbid medical inpatients, addressing malnutrition which is associated with increased morbidity, mortality, and impaired recovery.**

## KEY POINTS

- A systematic review of 60 new studies from 3527 abstracts generated 32 recommendations (7 grade A, 11 grade B, 10 grade O, and 4 good practice points) that achieved strong consensus (greater than 90 percent agreement) in online voting.
- Recommendations cover screening, indication, route of feeding, energy and protein requirements, micronutrient requirements, disease-specific nutrients, timing, monitoring, and intervention procedures.
- Recent high-quality trials provide increasing evidence that nutritional support can reduce morbidity and complications associated with malnutrition in polymorbid patients.
- The guideline recommends timely screening for malnutrition risk at hospital admission followed by individualized nutritional support interventions as part of routine multimodal care.
- This guideline addresses uncertainties in applying disease-specific guidelines to patients with multiple conditions and offers an evidence-based approach to improve outcomes in hospitalized polymorbid medical patients.

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