

Freedom of Information request 136-23

Request

Can you please tell me:

1. How many individuals were diagnosed with/treated for malnutrition in this health board in (a)2018 (b)2019 (c)2020 and (d)2021.
2. Can you confirm the range of treatments offered for those diagnosed with malnutrition by this health board?
3. How many individuals were diagnosed with any of the following vitamin deficiencies in (a)2018 (b)2019 (c)2020 and (d)2021 - vitamin C, vitamin D, vitamin B12 and Iron?

Response

1. The numbers of NHS Borders patients discharged with a diagnosis of Malnutrition are:

2018	2019	2020	2021
24	12	14	11

2. Patients being admitted to hospital in NHS Borders will be screened for Malnutrition (PYMS or MUST). Where Dysphagia exists, Dietetic management of Malnutrition is guided by speech and language swallow assessments. Depending on this screening the patient may be managed at ward level with foods and snacks, often supplemented with milk, in line with guidance. If additional support is required, then the patients will be referred to the Dietitians. The Dietitians first line treatment for Malnutrition is a food first option. This will be balanced meals of an appropriate texture and consistency, the fortification of some foods along with additional snacks. Our next step may then be to introduce some oral nutritional supplements in addition to diet and snacks. If oral feeding is inadequate or unsuitable then we may progress with enteral feeding. Longer term feeding may be via gastrostomy or jejunostomy feeding. The nutritional support offered may also be a combination of the above.

Where there is not a functioning gut parenteral feeding would be used.

Patients identified as malnourished in their homes will be referred to our Community Dietitians, who are locality based, or to our Paediatric Dietitians. They will be seen face to face (in clinic or home visit if necessary) or via attend anywhere. Some contacts are by telephone. Treatments offered are food first with the consideration of oral nutritional supplements.

Note that we also have Dietitians working with Eating Disorder patients who present with Malnutrition. These individuals will have individual treatment plans developed. This service operates across all age ranges and is in place until June 2023.

Additionally, we have Dietitians working in weight management services for children & young people and adults. Whilst these patients may not have a low BMI they may still present as malnourished.

3. The numbers of NHS Borders patients discharged with Vitamin Deficiencies are:

Diagnosis Description	2018	2019	2020	2021
Deficiency Of Other Specified B Group Vitamins	42	24	26	28
Vitamin C Deficiency	0	0	0	0
Vitamin D Deficiency	0	<5	17	11
Iron Deficiency	<5	<5	<5	<5

As the number of events in some areas are very small and in accordance with the Code of Practice for Official Statistics any number that is less than five, actual numbers and potentially identifiable information is withheld to help maintain patient confidentiality due to potential risk of disclosure. Further information is available in the [ISD Statistical Disclosure Control Protocol](#).

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or foi.enquiries@borders.scot.nhs.uk.

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **136-23** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.