



Remote Malnutrition Application  
for Primary Practice

Simply and remotely, map your patients for malnutrition and muscle mass and function loss, with the new **R-MAPP APP**



The **R-MAPP app** is an adaptation of the R-MAPP (Remote – Malnutrition in the Primary Practice) guidance.<sup>1</sup> Created by European experts in clinical nutrition in response to the COVID-19 pandemic crisis as a tool for the remote evaluation of nutritional status for COVID-19 outpatients, those in the recovery phase of the disease and for all patients that need nutritional care, but cannot visit their physicians in person.

## HOW THE R-MAPP APP WORKS: 7 SIMPLE STEPS

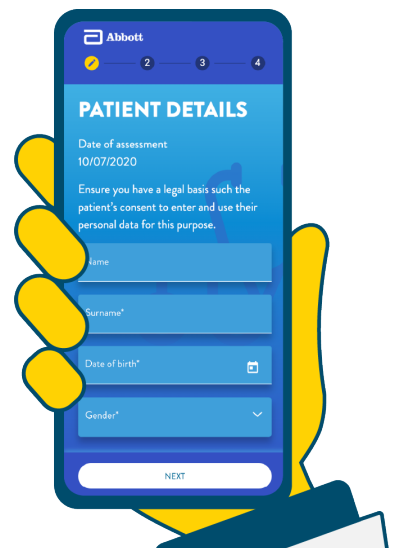
The app is very simple to use and comprises of 7 simple steps

1. Insert your **patient's details** into the app
2. Select your **patient's risk factors** for malnutrition
3. Screen your patient for malnutrition, using the validated 'MUST' tool
4. Screen your patient for sarcopenia, using the validated **SARC-F** tool
5. Review your patient's screening results and compare them with the **R-MAPP guideline**
6. Select the **Abbott oral nutritional supplement** to support your patient
7. **Generate a PDF** with your patient's screening results.

R-MAPP app will not save patients' data.

## ADD TO YOUR HOME SCREEN

Add the R-MAPP app to your Home screen to quickly access it.  
Choose the option "Add to Home screen" from your browser menu.



## WHY NUTRITIONAL SCREENING IS IMPORTANT

UK experts state that tackling malnutrition can improve clinical outcomes and reduce healthcare use and costs. It is recommended that all patients should be nutritionally screened on first contact in a new care setting and screening repeatedly regularly.<sup>2</sup>

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### References:

1. Krznaric Z *et al.* *Clin Nutr* 2020;39:1983-1987.
2. A Guide to Managing Adult Malnutrition in the Community, 2017: [www.malnutritionpathway.co.uk/library/managing\\_malnutrition.pdf](http://www.malnutritionpathway.co.uk/library/managing_malnutrition.pdf). Accessed December 2020.

