

NUTRITIONAL ASSESSMENT IN A LONG-TERM CARE FACILITY

Rico Gutierrez T⁽¹⁾, Vidal Iglesias M⁽¹⁾, Herrero Juárez RA⁽²⁾, Lázaro Cebas J⁽¹⁾, Cáceres Velasco C⁽¹⁾, Criado Illana MT⁽¹⁾, Cañuelo Coleto B⁽²⁾.

(1)Complejo Asistencial de Segovia, Pharmacy Department. Segovia. Spain.

(2)Residencia Mixta, Medical Department. Segovia. Spain.

Background and Importance

A high risk of malnutrition is associated with decreased functionality and quality of life. Early identification of malnutrition risk by nutrition assessments plays an important role in the successful interventions in the elderly.

Aim and objectives

To determine the nutritional status of the residents in a long-term care facility.

Material and Methods

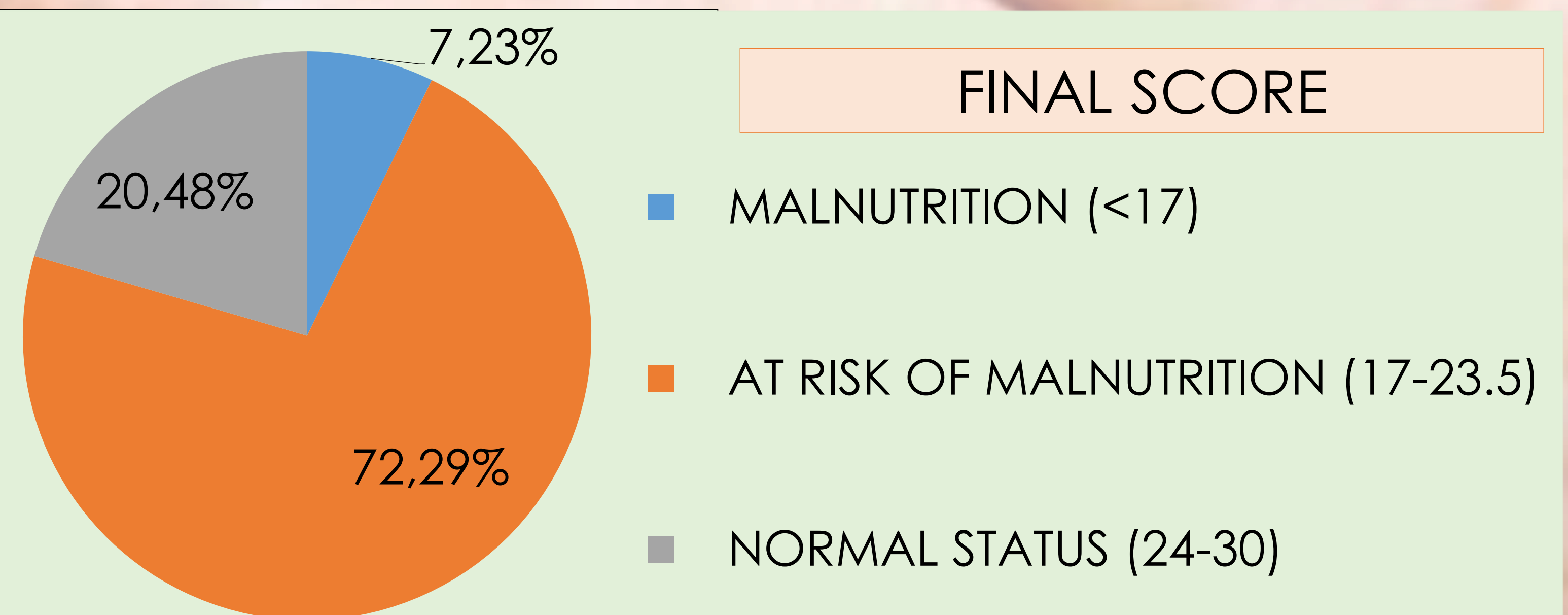
A descriptive observational cross-sectional study was completed during the month of March 2019. All patients of a long-term care facility were included during that month, except for day and short-term residents. Collected data: age, sex, weight, height, mid-arm and calf circumferences, in addition to body mass index (BMI).

MNA[®] is a validated screening tool that is used to evaluate nutritional status in the elderly. It comprises two sections: screening with six questions with a maximum score of 14 (0-7: malnutrition, 8-11: risk of malnutrition, 12-14: normal nutritional status), and a full evaluation with 12 items up to a maximum score of 16. The sum of both parts is the final score and it establishes three ranges: 24-30: normal nutritional status; 17-23,5: at risk of malnutrition; <17: malnutrition.

Both sections of the MNA[®] were completed in all residents and information on the possible causes of malnutrition was provided. Serum albumin was also determined (normal values: 3,4-4,8 g/dL).

Results

| | | |
|-------------------------------|-------|------------------|
| N | 83 | Range 50-100 |
| Mean age (years) | 86.9 | |
| Sex (%) | | |
| Women | 75.9 | |
| Men | 24.1 | |
| Mean weight (Kg) | 58.7 | 95%CI 55.2-62.2 |
| Mean height (m) | 1.50 | 95%CI 1.53-1.57 |
| Mean BMI (Kg/m ²) | 24.3 | 95% CI 23.1-25.4 |
| MEAN SCORE | | |
| SCREENING | 11.48 | 95%CI 20.6-22.1 |
| FULL EVALUATION | 10.50 | 95%CI 10.2-10.9 |
| FINAL SCORE | 21.31 | 95%CI 20.6-22.1 |
| Mean serum albumin (g/dL) | 3.50 | 95%CI 3.47-3.59 |



NORMAL STATUS 8-11

AT RISK OF MALNUTRITION 17-23.5

Conclusion

The screening and serum albumin confirm a normal nutritional status. However, when the full MNA[®] test score is obtained, a higher prevalence than expected of patients at risk of malnutrition was noticed.

These results show the need to monitor the degree of nutrition of institutionalized patients to develop strategies that improve the overall status and set new lines of action.

Bibliography: Dorothee Volkert et al ESPEN guideline on clinical nutrition and hydration in geriatrics. Clinical Nutrition. 2018

