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| Title and subtitle HOSPITAL NUTRITION IN GERIATRIC LONG-STAY MEDICINE Dietary intake, body composition and the effects of experimental studies | | | |
| Abstract <p>Low intakes of energy and nutrients in elderly patients have been reported from several countries. The clinical significance of the nutritional status have been shown by higher frequencies of morbidity and mortality in undernourished patients. The etiology of malnutrition in geriatric patients is multifactorial and the causes can be the disease per se, physical or mental handicaps, inadequate meal environment and a bad oral state.</p> <p>In the present studies, the mean intake of energy in geriatric long-stay patients were 5.7 MJ/1361 kcal in females and 6.8 MJ/1631 kcal in males. 19% of the patients consumed less than the estimated basal metabolic rate of 90 kJ/ kg body weight. 30% of the patients had a negative energy balance which placed them in the risk zone for undernutrition. Vitamin D and thiamin were the nutrients most commonly deficient. The mean body weights in both sexes were lower compared with healthy elderly and this were explained by a lower body fat in females and a lower body fat and lean body mass in males. The mean values of body water were 50% in females and 59% in males.</p> <p>Redecoration of the dining-room in a geriatric ward, with changed routines of offering the food, resulted in marked improvements of the intake of energy and nutrients. No significant changes in body weight occurred despite a 25% increase of the energy intake which might reflect an increased energy expenditure. Similar increase of the dietary intakes were also seen after giving dietary supplements. Intensive dental treatment failed to show any improvement of the dietary intake but the dietary habits changed in 13% of the patients. The dental state was poor and 89% of the patients received dental treatment. This study has shown that some of the causes of hospital malnutrition are possible to improve by improvements of the meal environment and by giving dietary supplement.</p> | | | |
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