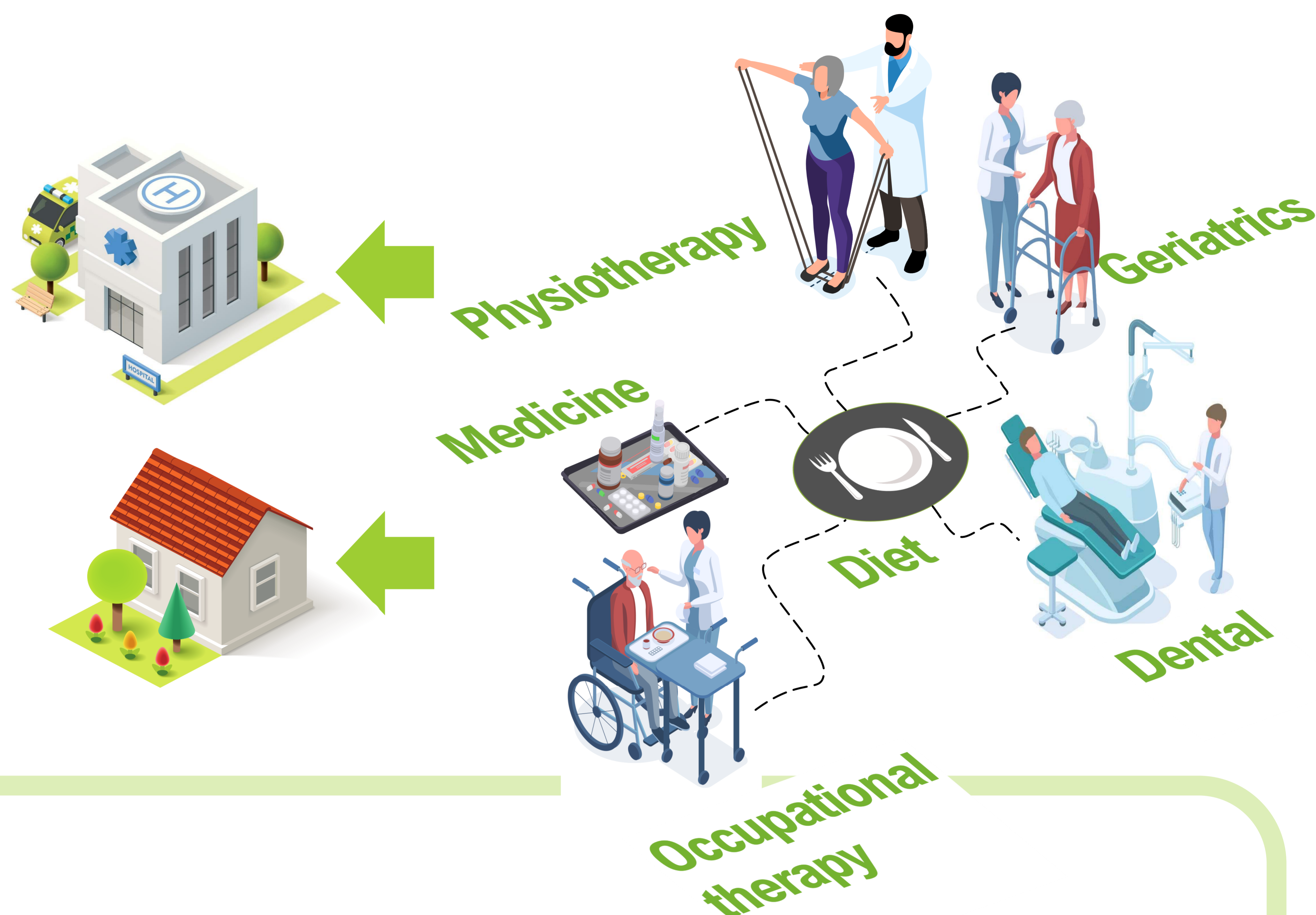


Can a multidisciplinary and transitional nutritional intervention improve quality of life in older medical patients?

Malnutrition and risk factors for malnutrition are prevalent among acutely admitted older medical patients and have severe consequences.

We investigated the effectiveness of a **multidisciplinary and transitional nutritional intervention** on quality of life compared with standard care in **acutely admitted older medical patients** ≥ 65 with malnutrition (Mini Nutritional Assessment Short-Form score ≤ 11).



We found....

The intervention group **increased their protein and energy intake but did not improve quality of life, well-being, muscle strength and body weight from hospitalization to 8 or 16 weeks after discharge.**

Low compliance after discharge may have compromised the results.

Method

Block randomized, observer-blinded clinical trial with two parallel arms (n=130)

Primary outcome: Difference in quality of life (EQ5D-5L) from baseline to 16 weeks after discharge

Secondary outcomes: Protein and energy intake, well-being, muscle strength and body weight

Results

- ➔ Quality of life
- ➔ Protein intake at hospitalization and 8 weeks
- ➔ Energy intake at 8 weeks
- ➔ Protein and energy intake at 16 weeks
- ➔ Well-being, muscle strength and body weight



Effectiveness of a multidisciplinary transitional nutritional intervention on quality of life among acutely admitted older medical patients with malnutrition or risk of malnutrition: a randomized controlled trial

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Trials
22, 616
September 2021