

AN INNOVATIVE REHABILITATING MEALS-ON-WHEELS SERVICE FOR FRAIL OLD PEOPLE

A CONTROLLED FEASIBILITY STUDY

P395

Rationale

The current uniform meals-on-wheels (MOW) service provided to frail old community-dwelling people have a negative impact on nutritional status, physical function and quality of life, which suggest the need for a more targeted and situation-adapted service.



Methods

3 different types of MOW were delivered for 8 weeks to the intervention group (IG)

1. **Discharged from hospital** (3 energy- and protein dense meals and 3 in-between meals/d);
2. **Receiving exercise-based rehabilitation** (3 protein dense in-between meals/d) or
3. **Receiving reablement** (usual MOW service and additionally different food baskets consisting of 4 different food ingredients and recipes with graduation in degree of complexity/2 per week).

The control group (CG) received standard care, eventually including MOW.

Outcomes assessed were energy and protein intake $\geq 75\%$ of need, physical function (30-sec chair-stand) and quality of life (EuroQol5D-5L).

Results

76 were included (78.9 y old, 56 % W) and randomized, 75% completed the study. Data completeness was $>80\%$ for all outcomes assessed.

The results for the two groups are presented below.

	IG (N=34)	CG (N=23)	p-value *
Energy-intake $\geq 75\%$ need, N (%)	23 (82)	18 (90)	0.447
Protein-intake $\geq 75\%$ need, N (%)	19 (68)	9 (45)	0.113
Chair stand improved, N (%)	19 (66)	11 (48)	0.199
Quality of life improved, N (%)	20 (54)	17 (74)	0.242
* CHI-squared			

Conclusion

The intervention and data collection were feasibly, but the power too low to detect significant differences between IG and CG.



Authors

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