

# Dysphagia and unintentional weight loss in old residents in Danish nursing homes

P046-T

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## Conclusion:

Only one third were assessed by the national nutrition evaluation tool (EVS) according to the local recommendation. Data indicates that dysphagia and unintentional weight loss was common.

Due to the low compliance to required EVS the primary aim could not be fully answered.

Further efforts is needed to implement nutrition guidelines in order to improve quality of life, health and care in Danish nursing homes.

## Introduction

Dysphagia in nursing home residents is common and associated with malnutrition and poor functional outcomes.

Aims were to study the relation between dysphagia and unintentional weight loss in Danish nursing homes. Further, to evaluate the implementation of the local guideline regarding screening by a national nutrition evaluation tool (EVS) used in municipality care, where residents should be screened minimum every 12 weeks.

## Methods

A cross-sectional study was conducted in 11 nursing homes in one municipality (Fig. 1). Data on unintentional weight loss, dysphagia and anthropometrics were collected from the municipality record system (LIM and CURA). Inclusion criteria were age  $\geq 65$  years, living in nursing homes and screened by EVS during 3 months in 2022.

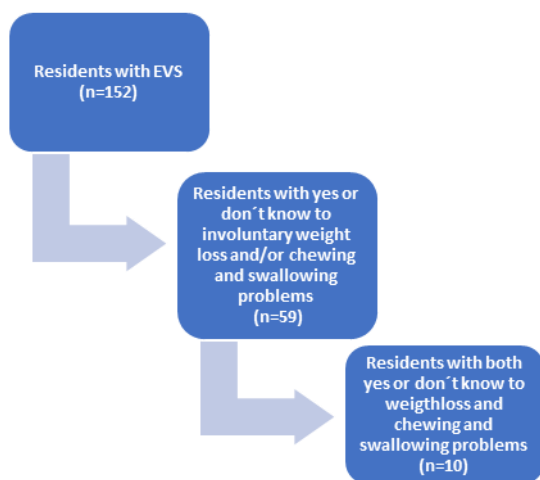


Figure 1: Flow diagram for residents with both dysphagia and weight loss.

## Results

Among a total of 464 residents, 152 (33%) had an EVS evaluation within the required 12 weeks according to the local guideline (fig. 2).

Among the 152 EVS assessed residents, 30 displayed dysphagia and 10 had both unintentional weight loss and dysphagia. The electronic record revealed that another nine among the 30 with dysphagia also had unintentional weight loss (fig. 3).

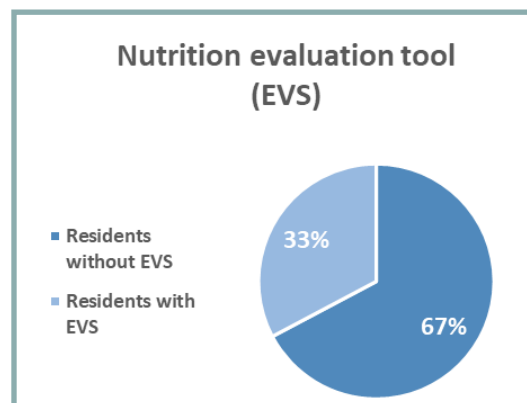


Figure 2: Distribution of residents with and without EVS.

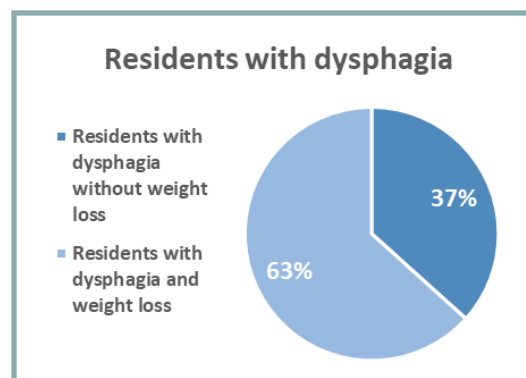


Figure 3: The relation between dysphagia and unintentional weight loss.