

# Dysphagia and unintentional weight loss among older adults in a rehabilitation unit in Denmark

P048-Y

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## Introduction

Dysphagia in older adults in rehabilitation units is associated with malnutrition, and jeopardizing recovery.

Aim is to study the prevalence, and the relationship between dysphagia and unintentional weight loss in a rehabilitation unit. Further to identify how many were nutritionally assessed using the national nutrition evaluation tool (EVS) advocated in Danish primary care.

## Methods

Data was collected consecutively over a 5 months period in 2022. All patients ≥ 65 years who stayed ≥ of 7 days were registered. Dysphagia and weight loss ≥1 kg in the last month were identified from medical records and the municipality record system (Cura).

<b>Total population</b>	<b>298</b>
Unintentional weightloss	149 (50%)
Dysphagia	49 (16%)
Dysphagia and unintentional weightloss	32 (11%)

## Results

In total 298 patients were included; 58% women, mean age 81.4 yrs. Two thirds with dysphagia(n=32) suffered from weight loss and showed BMI 20.8 vs 24.5 for the rest of the group (p<0.01). The mean age of those with dysphagia and weight loss was 84.4 yrs vs 81.1 for the rest of the group (p=0.014) (fig. 1).

The group with both dysphagia and weightloss was mainly discharges from the neurological , geriatric and pulmonary departments (figure 2). 90% with dysphagia received texture modified food and 10% were exclusively nourished by tube feeding. 13% of the total population were nutritionally assessed by the evaluation tool EVS.

## Conclusion

**In this rehabilitation unit, half of patients showed unintentional weight loss and 16% were dysphagic. 11% displayed the two conditions concurrently; and were mainly admitted from neurology, lung or geriatric departments. All patients with dysphagia received individualized nutritional treatment. The recommended national nutrition evaluation tool (EVS) was used in a minority of patients.**

Figure 1

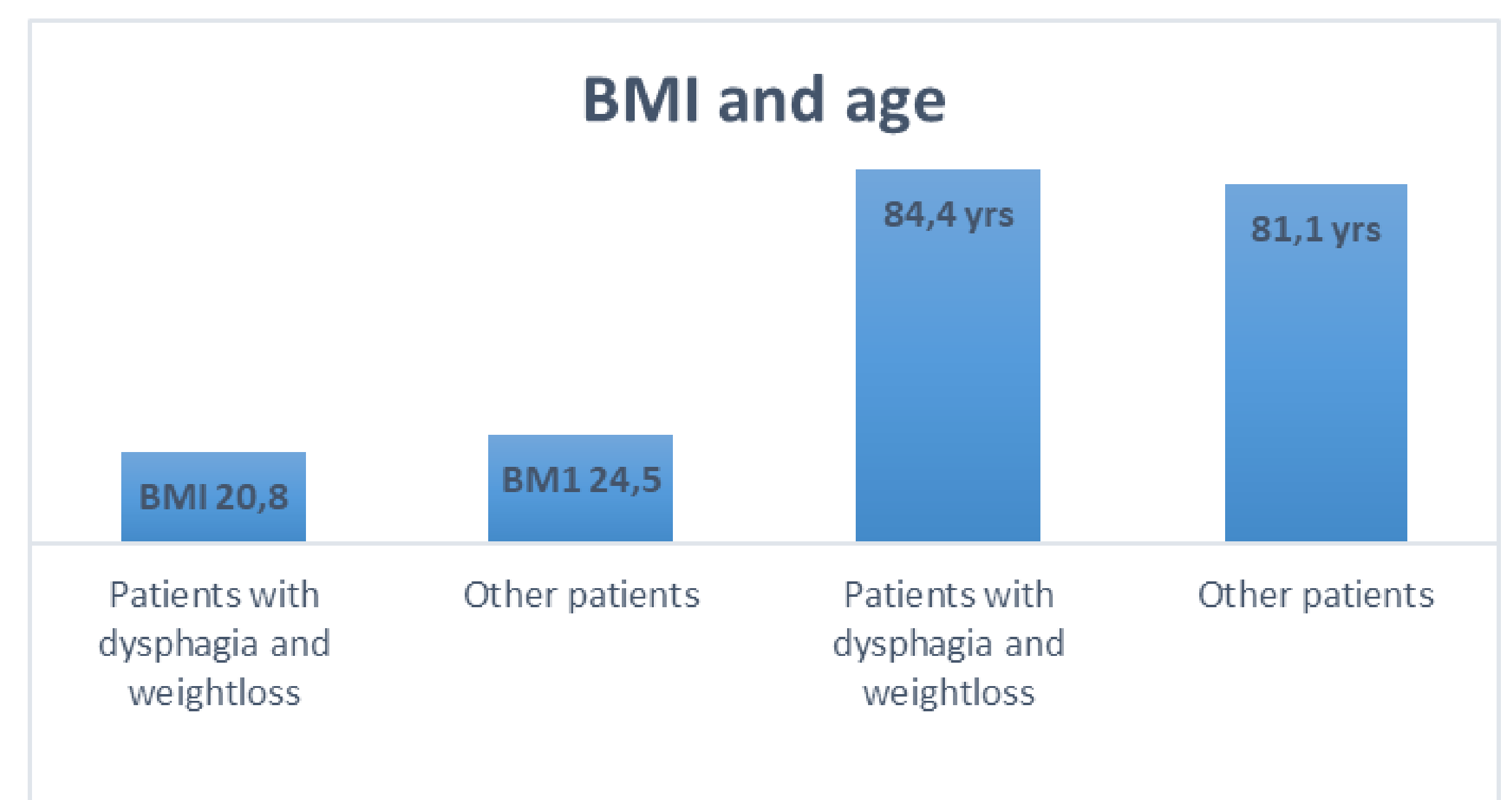


Figure 2

