

## Assessment of the nutritional status of the of hospitalized elderly

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### ABSTRACT

**Background:** The increasing number of elderly people worldwide throughout the years is concerning due to the health problems often faced by this population. The percentage of elderly is growing rapidly and malnutrition is not uncommon in the elderly.

This review aims to summarize the nutritional status among hospitalized elderly and the role of the nutritional assessment tools in this issue.

**Objectives:** The present study was carried out to assess the nutritional status of hospitalized elderly using the Mini Nutritional Assessment (MNA) tool, and to study the various epidemiological factors influencing their nutritional status.

**Materials and Methods:** This cross-sectional study was done from 1 January 2017 to 31 March 2017 in Grand Hopital de Charleroi Belgium. The elderly, those over 75 years of age, who met the inclusion criteria participated in the study. A total of 124 patients (90 female/34 male, mean age 85.9 years) were randomly selected. Nutritional status was assessed by the MNA tool. Interpretation of scores was done as follows: Score <17: Malnourished, Score 17-23.5: At risk of malnutrition and Score >23.5: Well nourished.

**Results:** Out of the total of elderly persons, 55.5% were found to be malnourished and 43.7 % were at risk of malnutrition. The association between nutritional status and older age group, female gender, dependent functional status, MMSE, the five word test and SEGA score ( $r > 0.4$ ,  $p < 0.001$ ) was found to be significant.

**Conclusion:** The present findings reveal that malnutrition is relatively very high and a serious health problem in the elderly. Therefore, it is necessary to raise awareness of the elderly and their caregivers about the quality, quantity and frequency of food intake of older persons. Efforts and multidimensional approach is required to deal with these issues