

NUTRITIONAL STATUS AND FRAILITY IN TWO UNITS OF THE NATIONAL NETWORK OF INTEGRATED CONTINUED CARE

Castro M ⁽¹⁾, Oliveira B ^{(2),(3)}, Afonso C ^{(2),(4),(5)}

RESUMO

INTRODUCTION: The elderly population in Portugal has risen by 20.6% since 2011. Malnutrition is widespread amongst the elderly globally. Despite a connection with several conditions, including frailty, the risk factors of malnutrition within ageing is not fully comprehended.

OBJECTIVES: To assess the nutritional status and frailty of patients aged 60 years and above upon admission to two Integrated Care Units.

METHOD: This was a cross-sectional study involving 61 inpatients. Data were gathered between January to July 2023, within 72 hours of admission. Nutritional status was assessed by the Mini Nutritional Assessment, and frailty was evaluated utilizing the criteria of Fried's Frailty.

RESULTS: Upon admission, the average Mini Nutritional Assessment score was 16.0. Of all participants, 93.4% were determined to be frail, with slowness being the most prevalent criteria and low physical activity having the lowest occurrence rate. The evidence indicates that upon admission, frailty is associated with a poorer assessment of nutritional status.

CONCLUSION: Although this study's sample size was small, it was observed that patients referred to these healthcare facilities had a significant prevalence of frailty and malnutrition upon admission.

(1) Nutricionista, Serviço de Nutrição, Hospital Particular de Paredes

(2) Professor Auxiliar, Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto

(3) Investigador, LIAAD-INESC TEC, Porto, Portugal

(4) Investigador, EPIUnit – Instituto de Saúde Pública, Universidade do Porto (5) Investigador, Laboratório para a Investigação Integrativa e Translacional em Saúde Populacional