



Nutritional status and food consumption in geriatric units of Landspítali (LSH)

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Background

- Under nutrition is a known problem in hospitalized elderly patients
- Inadequate energy intake among elderly hospitalized patients is caused by various reasons e.g.
 - Chronic illness, medication, hospitalization etc.
 - High plate waste
 - Changes in:
 - gastrointestinal tract, sensory function, body composition, fluid and electrolyte





Aim

- To assess the risk of undernutrition among patients within the Department of Geriatrics at LSH
- To assess the energy intake of patients within the Department of Geriatrics at LSH
- To assess the plate waste of the hospital food
- To evaluate if changes have occurred after the hospital food for elderly patients was changed to energy- and proteinenhanced food following a study conducted in 2016
 - Katrín Sif Kristbjörnsdóttir MSc. project „Nutritional status of patients at geriatric unit - Their attitude and exploitation of food”





Methods

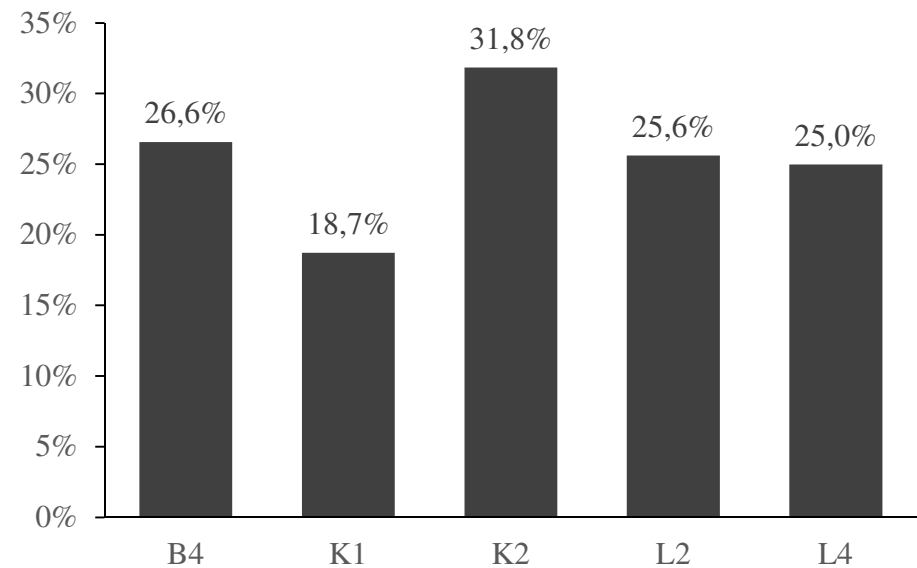
- Patients within the Department of Geriatrics at LSH (N=100)
- Screening for malnutrition
- Two day full food record
- Plate waste visually estimated using the plate diagram sheet
- Comparison with the results of the previous study
 - Katrín Sif Kristbjörnsdóttir MSc. project „Nutritional status of patients at geriatric unit - Their attitude and exploitation of food” RÍN 2016





Results

- Nutritional status of geriatric patients
 - 49 patients (49%) have medium or high probability of malnutrition (study 2016 = 66%)
- Plate waste shown for lunch and dinner for different wards



Data are expressed as percentage





Results

Energy, fat, carbohydrate and protein intake based on a two day full food record (N=100).

(Current study)

| | Mean intake | SD | Min | Max | E% | Mean intake per kg body weight |
|------------------|-------------|-----|-----|------|--------|--------------------------------|
| Energy (kcal) | 1693 | 546 | 129 | 3371 | | 23.4 |
| Fat (g) | 82 | 27 | 6 | 140 | 43.90% | 1.1 |
| Carbohydrate (g) | 164 | 53 | 15 | 367 | 39.00% | 2.3 |
| Protein (g) | 72 | 29 | 3 | 207 | 17.10% | 1.0 |

Study 2016

Energy, fat, carbohydrate and protein intake based on a two day full food record (N=17).

| | Mean intake | SD | Min | Max | E% | Mean intake per kg body weight |
|------------------|-------------|-----|-----|------|--------|--------------------------------|
| Energy (kcal) | 1300 | 400 | 629 | 1977 | | 17.7 |
| Fat (g) | 55 | 17 | 30 | 93 | 38.10% | 0.7 |
| Carbohydrate (g) | 141 | 49 | 61 | 239 | 43.40% | 1.9 |
| Protein (g) | 58 | 20 | 26 | 95 | 17.80% | 0.8 |



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Further results will be presented at an open lecture

Thank you 😊