

Nutrition support after hospital discharge in geriatric patients

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Motivation

- Short hospital stays and worsening nutritional status of geriatric patients
- Limited time to improve this during hospital stay
- It seems necessary to integrate nutritional support after discharge, to prevent consequences of malnutrition on health and physical capability
 - We hope to show the importance of a personalized nutritional therapy implemented by a dietician after hospital stay for this age group



The study

- This study aims to shine light on:
 - Whether nutrition support using NCP (Nutrition Care Process) in combination with delivered meals designed for old adults, improves:
 - Nutritional status, muscle strength, physical function, quality of life and rehospitalization and mortality rates after discharge
 - Compared to currently used care (control group)
 - Participants were randomized to two groups



Intervention group

- The intervention lasts for 24 weeks
- A dietitian (PhD student) visits participants in the intervention groups, 3-5 times during the study period
- Outcome parameters are measured before discharge from the hospital, at 12 weeks and at the end of the intervention





2017-2018

- Needs identified and product ideas for food suiting older adults were worked on and were ready in May 2018
- Packaging material ready for the food
- Products (in food packs) ready for full scale intervention trial
- Application sent to the ethical committee





2018-2019

- Approval from the ethical committee – August 2018
- September: assistant hired, everything gotten in order and ready to start recruitment
- October: screening and recruitment of participants within the Hospital, and the intervention study starting
- Finding a rhythm that suits all
- Three conferences abroad – October to late November





Progress of study - 2019

MARCH 2019

- **Total screened n = 498**
- **Thirty-two** individuals agreed to participate – **26** participants left

NOVEMBER 2019

- **Total screened n = 787**
- Total meeting inclusion criteria **n = 262**
- Of which **111** went to other wards where we could not include them as we do not have permission there to recruit
- **26 declined** participation
- **125 participants**

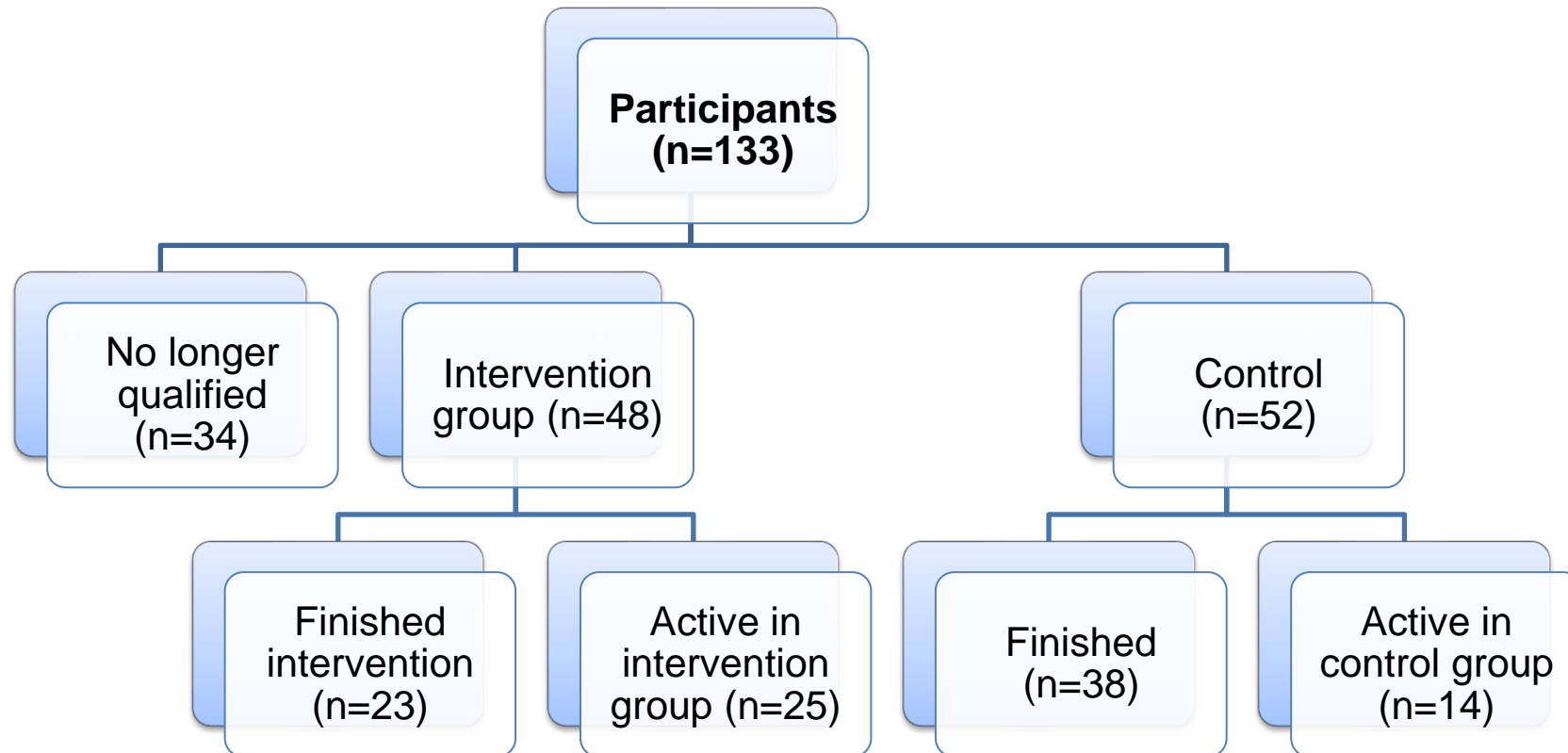
FEBRUARY 2020

- **Total screened n = 1003**
- Total meeting inclusion criteria **n = 313**
- Of which **151** went to other wards where we could not include them as we do not have permission there to recruit
- **29 declined** participation
- **133 participants**





Study participants





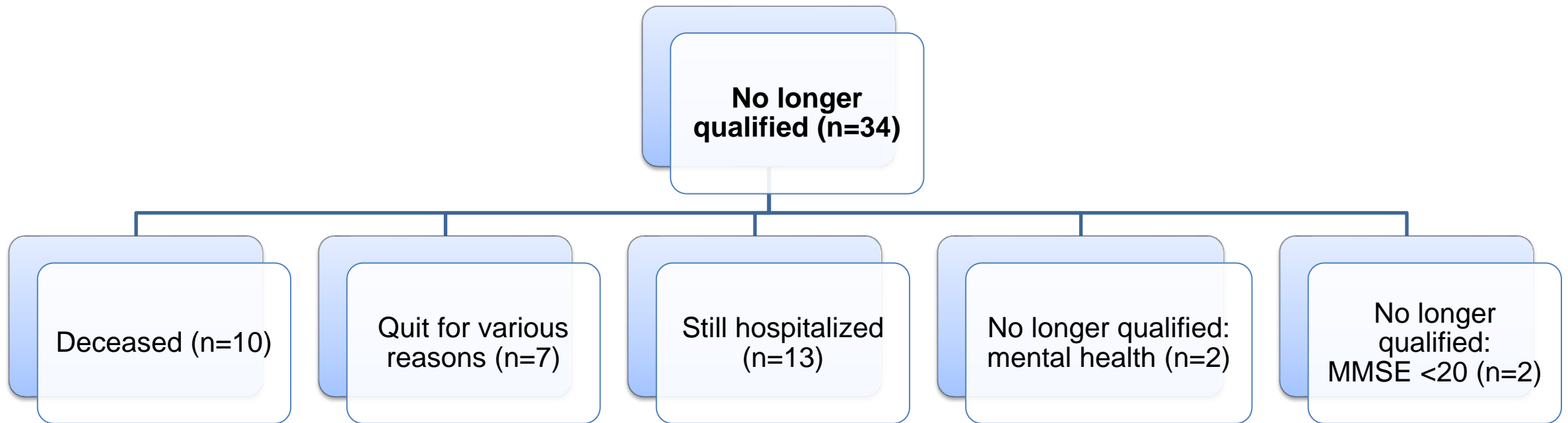
Participants - Characteristics

- Average age is 83 years
- The youngest participant being 66 years old and the oldest is 97 years old
- 84 women
- 49 men



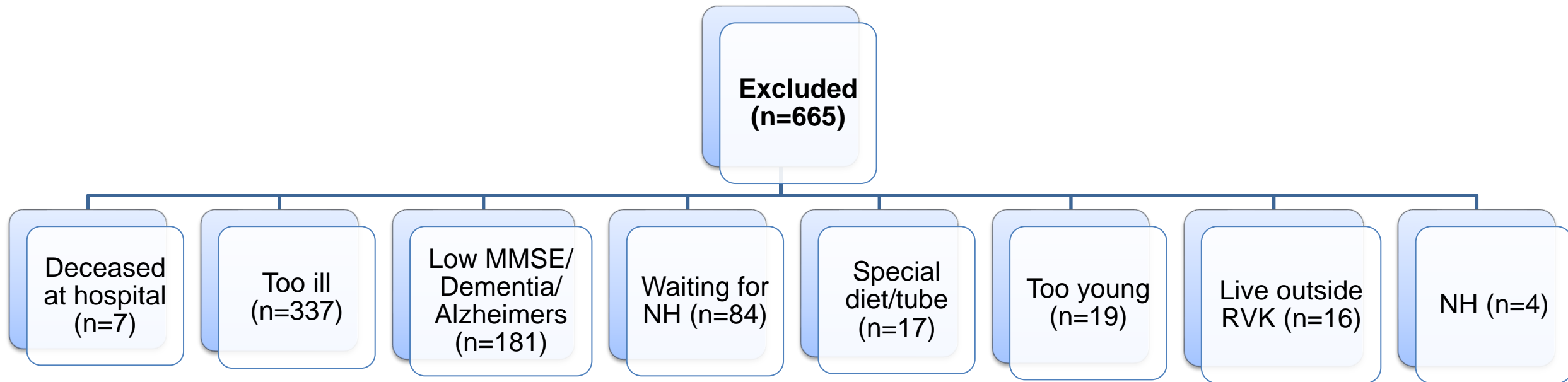


Participants no longer qualified





Excluded





Tasks being seen to while recruiting

(till the end of January)

- Going over all three wards daily to check for newly admitted people – 68 people in total at all times (22-22-24)
- Checking to see when participants are going home – doing baseline measurements before they go home
- Following up on intervention participants after they get home, setting up meal deliveries and visitation appointments



Tasks being seen to while recruiting

(till the end of January)

- Visiting participants for NCP treatments
- Calling food companies and ordering food for participants
- Calling participants to follow up on food feasibility
- Delivering foods every 7 days to participants





February 2020

- We are no longer recruiting
- We are starting to enter data into Excel
- Intervention still going strong – will end in July!





Possible outcomes

- **Control group**
 - Decline in weight and muscle mass
 - More frequent and longer hospital stays
- **Intervention**
 - Less or no weight loss or muscle loss
 - Less frequent and shorter hospital stays



Thank you for listening!
Special thanks to all our funders

