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).  

<table>
<thead>
<tr>
<th></th>
<th>Mean intake</th>
<th>SD</th>
<th>Min</th>
<th>Max</th>
<th>E%</th>
<th>Mean intake per kg body weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kcal)</td>
<td>1693</td>
<td>546</td>
<td>129</td>
<td>3371</td>
<td>23.4</td>
<td>22.4</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>82</td>
<td>27</td>
<td>6</td>
<td>140</td>
<td>43.90%</td>
<td>1.1</td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>164</td>
<td>53</td>
<td>15</td>
<td>367</td>
<td>39.00%</td>
<td>2.3</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>72</td>
<td>29</td>
<td>3</td>
<td>207</td>
<td>17.10%</td>
<td>1.0</td>
</tr>
</tbody>
</table>

Study 2016  
Energy, fat, carbohydrate and protein intake based on a two day full food record (N=17).  

<table>
<thead>
<tr>
<th></th>
<th>Mean intake</th>
<th>SD</th>
<th>Min</th>
<th>Max</th>
<th>E%</th>
<th>Mean intake per kg body weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kcal)</td>
<td>1300</td>
<td>400</td>
<td>629</td>
<td>1977</td>
<td>17.7</td>
<td>17.7</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>55</td>
<td>17</td>
<td>30</td>
<td>93</td>
<td>38.10%</td>
<td>0.7</td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>141</td>
<td>49</td>
<td>61</td>
<td>239</td>
<td>43.40%</td>
<td>1.9</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>58</td>
<td>20</td>
<td>26</td>
<td>95</td>
<td>17.80%</td>
<td>0.8</td>
</tr>
</tbody>
</table>

Further results will be presented at an open lecture  
Thank you 😊