



The prevalence of malnutrition and its correlation with other geriatric syndromes and comorbidity among the elderly



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Background :

The elderly population is increasing worldwide. The expected increase in the absolute number of older adults will triple from 605 million to 2 billion over this period (1). Malnutrition has emerged as an important problem among elderly and it is associated with several diseases, increased mortality, fragility, susceptibility to infection and reduced quality of life (2).

Aim:

Our aim was to assess the nutritional status of our elderly patients and its association with other geriatric syndromes.

Methods:

- ✓ A cross-sectional population based study:
- ✓ Of elderly patients aged over 65 years who were admitted in the geriatric department of the Grand Hôpital de Charleroi in Belgium between January 2018 and March 2018.
- ✓ Mini Nutritional Assessment (MNA) test was used to evaluate nutritional status.
- ✓ A standard comprehensive geriatric assessment was conducted at their admission. Presence of pre-specified comorbidities, dementia, and ADL dependency were assessed.
- ✓ Nutritional status estimated with the help of MNA test results were compared with the laboratory findings and established geriatric syndromes.

Results:

- ✓ 126 older patients were analyzed.
- ✓ Overall, 55,8% was malnourished (MN) and 41,7% was at risk of malnutrition (ARMN).
- ✓ **The highest prevalence of (risk of) malnutrition was observed within: → women** (79,1% being malnourished and 68% being at risk of malnutrition)

ARMN and 85,7% being malnourished)

→those who are complaining of **anorexia** (60% being

→in patients with **known dementia** (50,7% MN).

→**dependent** patients with the help of KATZ Belgian score.

→those with **high blood CRP** (p=0,012).

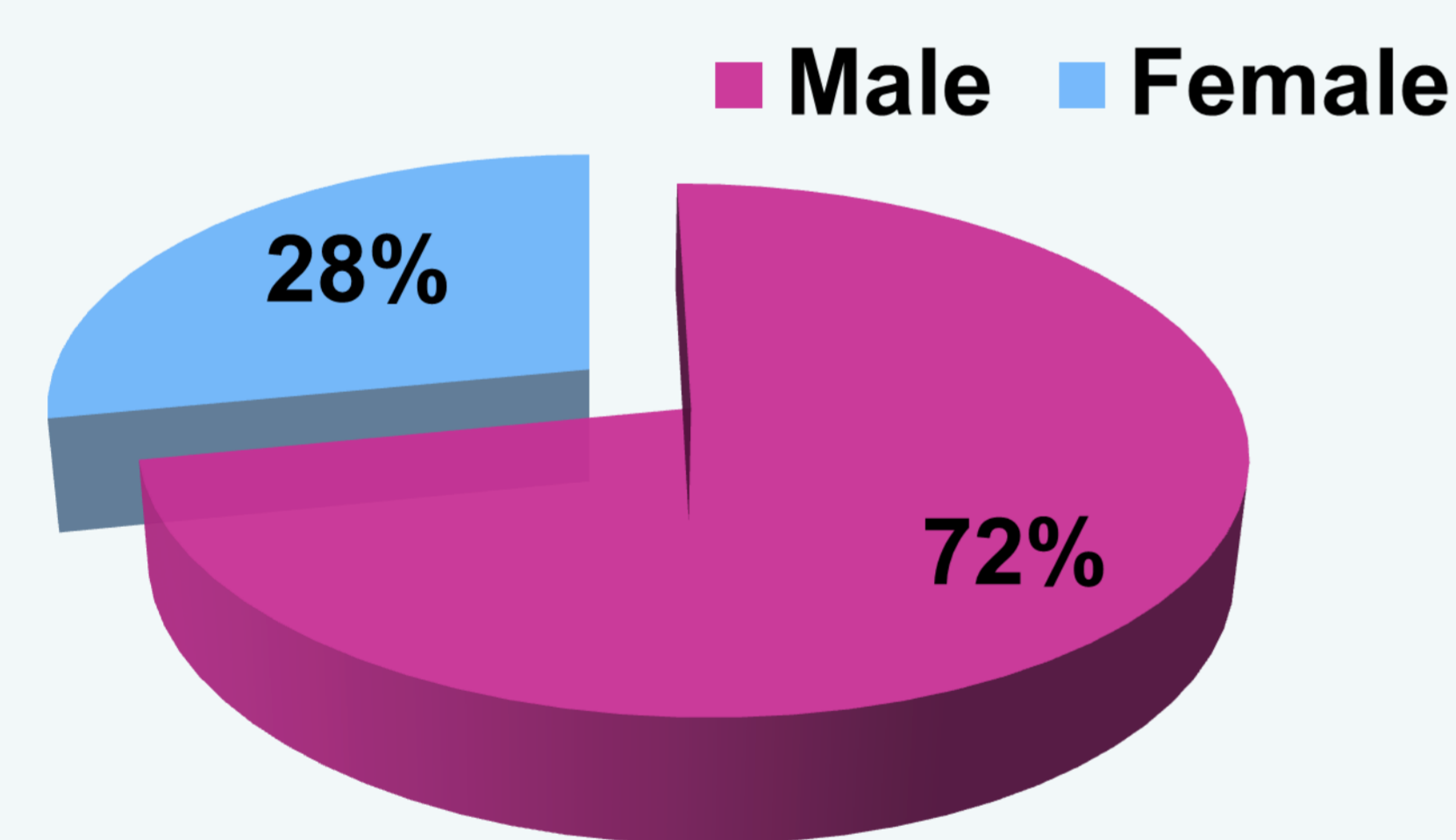


Figure.1.Distribution by sexe

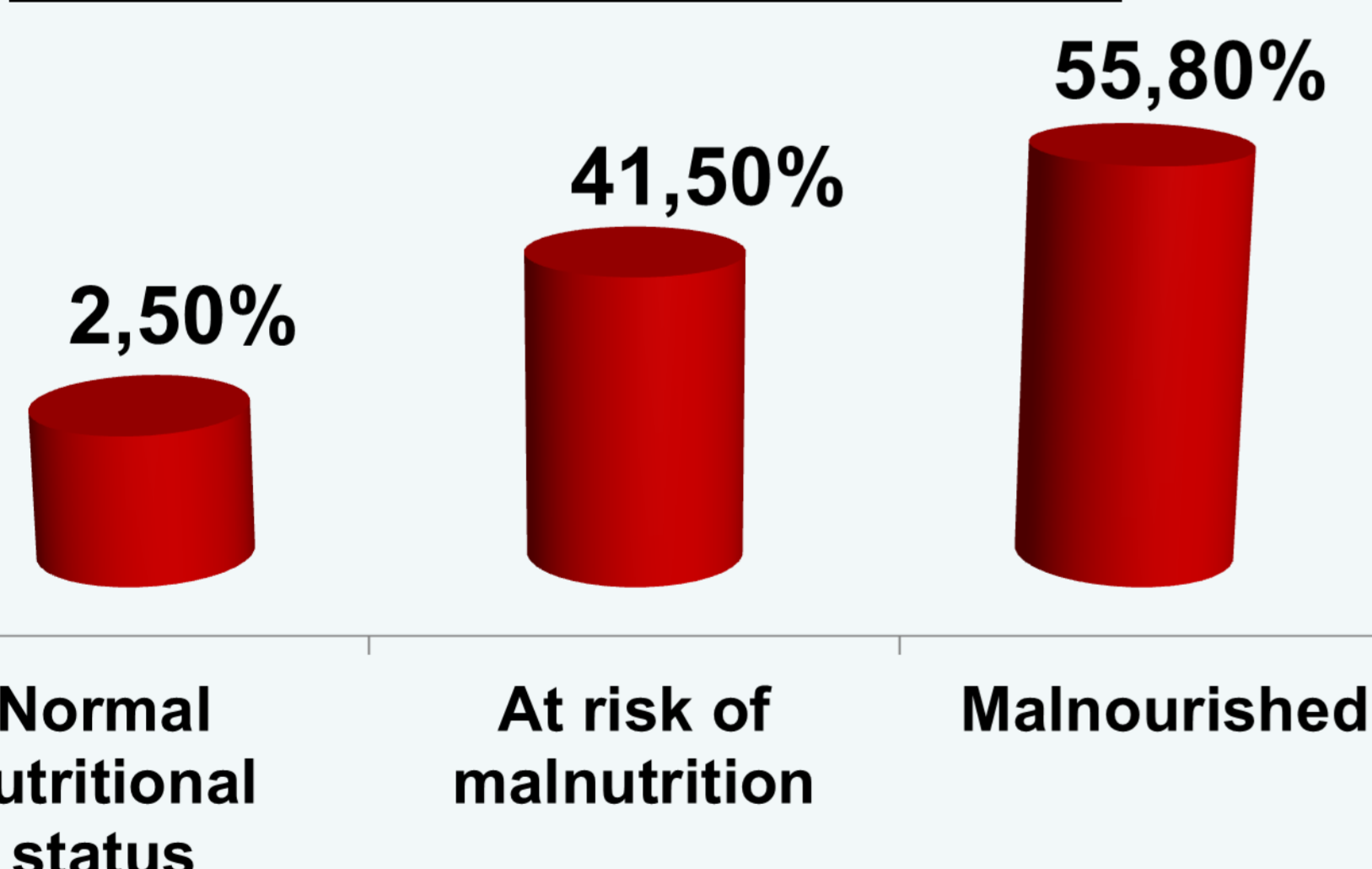


Figure.2.Prevalence of nutritional status

Tableau I : Correlates of Malnutrition

	Normal nutritional status n(%)	At risk of malnutrition n(%)	Malnourished n(%)	p
Sexe:				
Men	2(66,7)	16(32)	14(20,9)	0,115
Women	1(33,1)	34(68)	53(79,1)	
Patient with known dementia				
Oui	0(0)	12(24)	34(50,7)	0,005
non	3(100)	38(76)	33(49,3)	
Complaining of anorexia				
Oui	3(100)	30(60)	54(85,7)	0,004
Non	0(0)	20(40)	9(14,3)	
Dependant patient				
Oui	2(66,7)	30(60)	58(87,9)	0,002
Non	1(33,3)	20(40)	8(12,1)	

Discussion/Conclusions:

- ✓ Nutritional status is compromised among older adults in general, and the risk of malnutrition is prevalent in an aging population and rises to 29-61% in hospitalized patients (3).
- ✓ Our results indicated that these changes in nutritional status, specifically the presence of or the risk of malnutrition, has been associated with dependence, decreased appetite, increased blood CRP and cognitive impairment among elderly patients in hospital elderly population. These results were comparable with the previous data in the literature (4).
- ✓ Therefore increased risk of malnutrition in the elderly is multifactorial. An understanding of these causes is essential to formulate appropriate treatment strategies.

References:

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