Tittel: Ernæringsstatus blant pasienter i sykehjem og i hjemmesykepleien kartlagt ved hjelp av Ernæringsjournalen
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Sammendrag:
Background: malnutrition amongst the elderly may lead to serious consequences for the person and for the community in terms of need for public support. Assessment of the nutritional status is the first step regarding treatment and follow-up. Purpose: to use the Norwegian Directorate of Health Nutrition Assessment Tool to gain knowledge about the risks of malnutrition. Method: a descriptive study was performed among 532 patients ≥67 years admitted to nursing homes or receiving home care nursing. Data included assessment of the patients’ height, weight, Body Mass Index (BMI), and clinical data relevant for nutrition status. Results: BMI lower than recommended (BMI<24 kg/m2) was found among 50% of the patients, and 30% were reported in the category undernourished (BMI<22 kg/m2). Patients with lack of appetite and reduced ability to chew and/or swallow had significantly lower BMI than patients not suffering from these problems. Conclusion: systematic use of the nutrition journal seems appropriate to assess the nutrition status among elderly in order to offer adequate treatment and systematic follow-up.

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