

PREVALENCE OF MALNUTRITION AND ASSOCIATED RISK FACTORS

CP-083

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Objective:

Principal objective

to assess the **prevalence of malnutrition** in elderly patients hospitalized to Intern Medicine area

Secondary objective

to determine the possible association between this condition and patient's clinical characteristics in terms of comorbidity, functional status, cognitive impairment and dysphagia

Methods:

Descriptive, observational and cross-sectional study

3 months (May-July 2014)

¿What did we registred?

*General data (age, sex...)
Cause of hospitalization
Comorbidity (Charlson)
Cognitive impairment (Pfeiffer)
Functional status (Barthel)
Analytic parameters
Presence or no of dysphagia
Presence or no of pressure ulcers*

Results:

76.8 ± 6.2 years (53.3 % men) **55.7 % were malnourished** stay length was 21.4 ± 9.3 days

Cause of hospitalization

22.2 % chronic obstructive pulmonary disease
17.3 % stroke

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Charlson: 59 % had comorbidity
Barthel: 64.4 % had severe dependence
Pfeiffer: 28.7 % had mild or severe cognitive impairment

Associated risk factors

Weight/BMI (p=0.001 for both)
Age (p=0.013)
Pfeiffer (p=0.003)
Barthel (p=0.001)
Dysphagia (p=0.001)
Total protein (p=0.015)
Lymphocyte count (p=0.008)
Pressure ulcers (p=0.002)

Conclusions:

Malnutrition is a problem of **elevated prevalence and impact** in our population.

It is of paramount importance to correctly evaluate the presence of **risk factors** and diagnose this condition in order to **prevent/treat** it accurately.