The consequences of malnutrition following discharge from rehabilitation to the community

A systematic review of current evidence in older adults

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Judy Bauer
Liz Isenring
Malnutrition

Food and nutrient intake is unable to meet requirements

↓ body weight
↓ body composition
↓ physical function

Watterson et al., 2009; Elia & Stratton, 2005; AIHW, 2010
Malnutrition

Rehabilitation 30 - 50%

Community 10 – 30%

Watterson et al., 2009
AIM 1
“To determine the association between malnutrition in older adults admitted to rehabilitation and
1) Nutrition status
2) Functional status
3) Quality of life
4) Institutionalisation (residential and long term aged care)
5) Acute care admissions
6) Mortality
Once discharged to the community.”

AIM 2
“Explore the extent to which malnutrition-focused interventions may impact upon these post-discharge outcomes in older adults.”

Databases
✓ CENTRAL
✓ CINAHL
✓ EMBASE
✓ Health Source: Nursing/Academic Edition
✓ PubMed
✓ Web of Science
# Results

<table>
<thead>
<tr>
<th>Study</th>
<th>Country</th>
<th>Study Type</th>
<th>N</th>
<th>Year Range</th>
<th>Evidence Level</th>
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<tbody>
<tr>
<td>Charlton et al. (2012)</td>
<td>Australia</td>
<td>Retrospective cohort study</td>
<td>469</td>
<td>2006 - 2009</td>
<td>III-3 – Prognosis evidence</td>
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<tr>
<td>Neumann et al. (2005)</td>
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<td>Prospective cohort study</td>
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<td>2003</td>
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<tr>
<td>Nicosia et al. (2012)</td>
<td>Italy</td>
<td>Prospective cohort study</td>
<td>243</td>
<td>2007 - 2008</td>
<td>II – Prognosis evidence</td>
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CRICOS Provider No 00025B
Interventions
## Results

Significance considered at $P<0.05$

<table>
<thead>
<tr>
<th></th>
<th>Functional Status (n133)</th>
<th>Quality of Life (n133)</th>
<th>Institutionalisation (n667)</th>
<th>Acute Care (n534)</th>
<th>Mortality (n822)</th>
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</table>
Nutrition Status
Implications for future research

Malnutrition in rehabilitation

↓

Malnutrition in community?

- Access to older adults in the community

- Is intervention effective in the long-term?
Conclusion

Physical function
Quality of life
Remain in own home
Longevity

Malnutrition

Nutrition services
Thank you