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The consequences of malnutrition following discharge from rehabilitation to the community: A systematic review of current evidence in older adults

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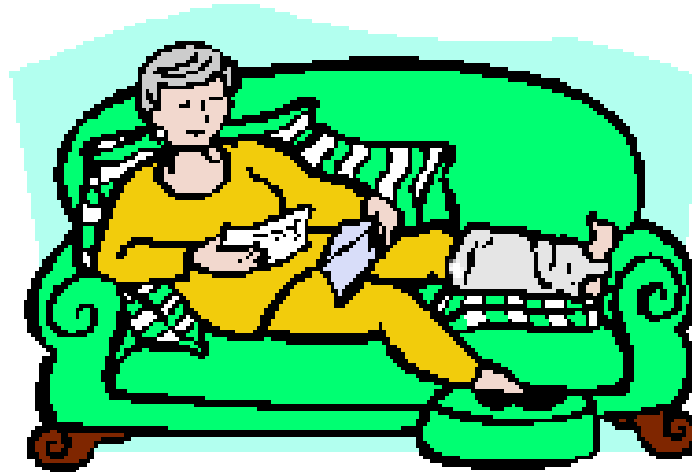
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The consequences of malnutrition following discharge from rehabilitation to the community

A systematic review of current evidence in older adults
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Malnutrition

Food and nutrient intake is unable to meet requirements

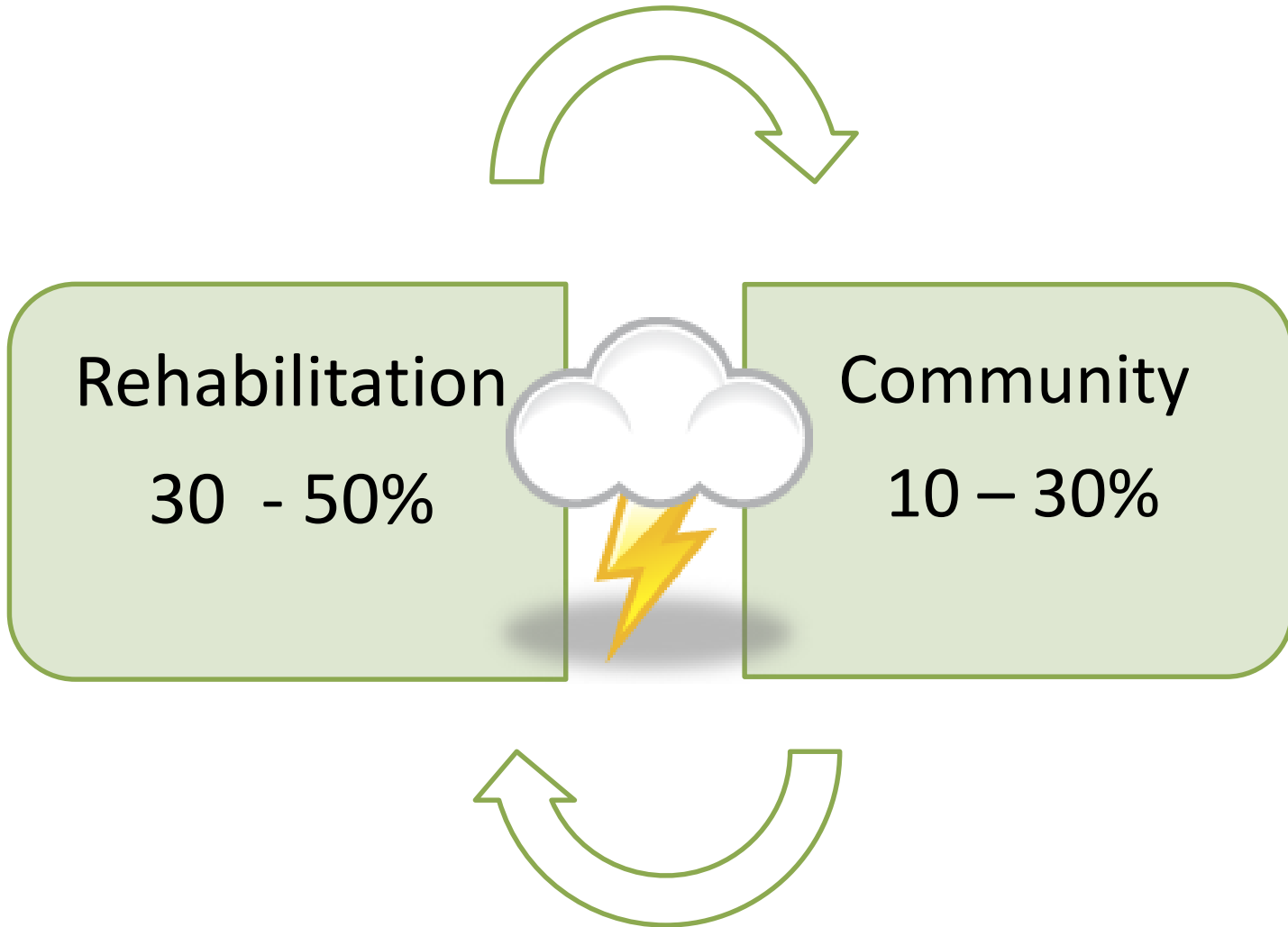
↓ body weight

↓ body composition

↓ physical function



Malnutrition



Systematic Literature Review

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.”

rehabilitation




Background: The prevalence of malnutrition in the rehabilitation setting is

Databases

- ✓ CENTRAL
- ✓ CINAHL
- ✓ EMBASE

- ✓ Health Source: Nursing/Academic Edition
- ✓ PubMed
- ✓ Web of Science

Results

Charlton et al. (2012)	Australia 	Retrospective cohort study	N=469 2006 - 2009	III-3 – Prognosis evidence	+
Neumann et al. (2005)	Australia 	Prospective cohort study	N=133 2003	II – Prognosis evidence	∅
Nicosia et al. (2012)	Italy	Prospective cohort study	N=243 2007 - 2008	II – Prognosis evidence	+
Sullivan et al. (1991)	USA	Prospective cohort study	N=110 1987 - 1988	II- Aetiology evidence	+
Visvanathan et al. (2004)	Australia 	Prospective cohort study	N=65 2002 - 2003	II – Prognosis evidence	∅



Interventions

Results

Significance considered at $P < 0.05$

	Functional Status (n133)	Quality of Life (n133)	Institutionalisation (n667)	Acute Care (n534)	Mortality (n822)
Charlton 2012			↑	∅	↑
Neumann 2005	↓	↓	↑		
Nicosia 2012					∅
Sullivan 1991					∅
Visvanathan 2004			↑	↑	



Nutrition Status

Implications for future research

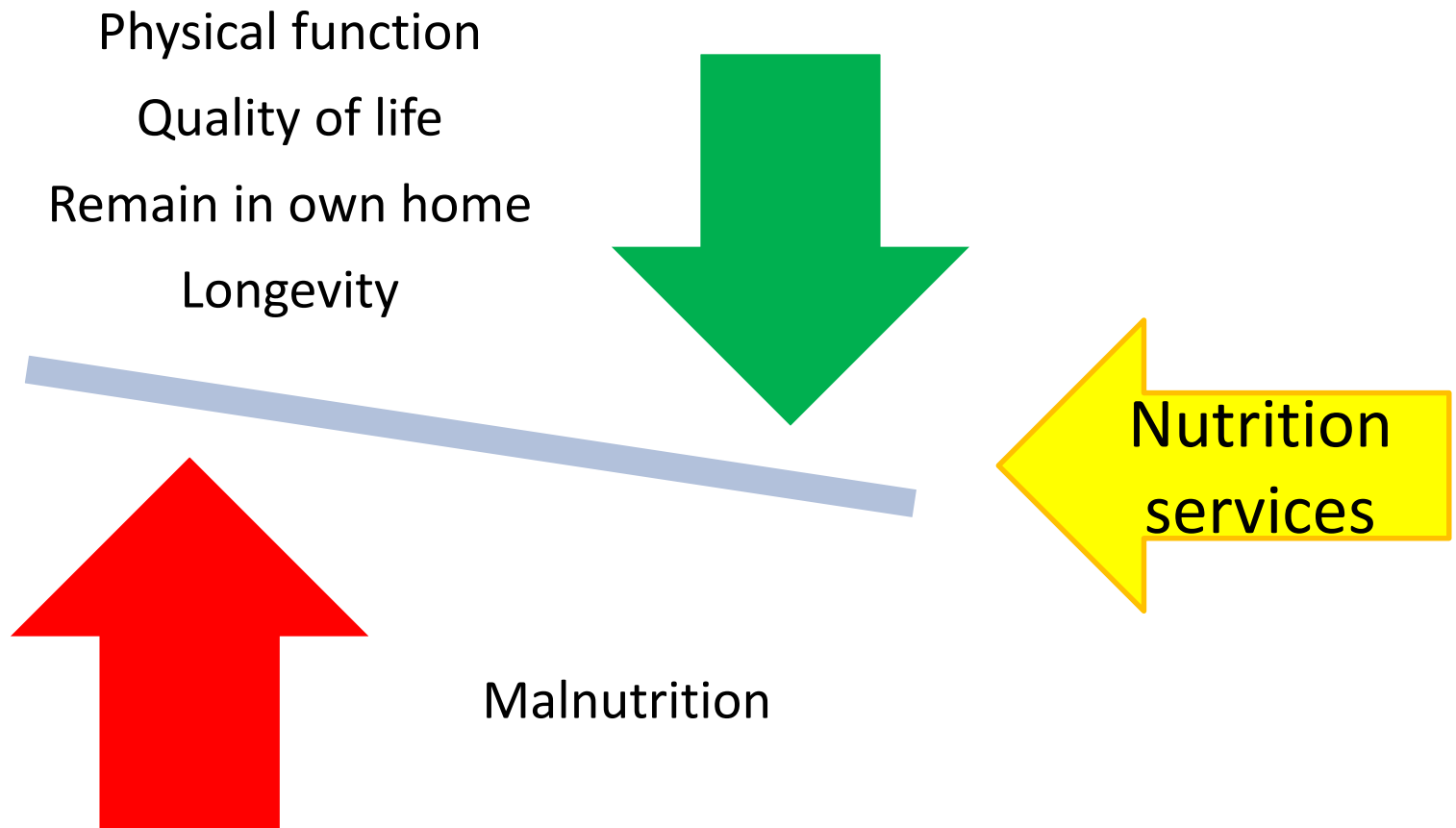
Malnutrition in rehabilitation



Malnutrition in community?

- Access to older adults in the **community**
- Is **intervention** effective in the long-term?

Conclusion



Thank you

