

# Professionals' perspective on the treatment of malnutrition in older adults during hospitalisation and post-discharge

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# Professionals' perspective on the treatment of malnutrition in older adults during hospitalisation and post-discharge

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## Aim

The aim of this study is to use the knowledge and experience of professionals to develop an optimal and intensive hospital and primary care pathway for malnourished older adults.

## Methods

Eight focus group sessions were organised with 27 health professionals (dietitians, physiotherapists and nurses). Main topics were:

- the most optimal treatment;
- multidisciplinary collaboration in hospital and home setting (transmission of information);
- the use of e-health in the form of a digital application.

## What would you do?

**If you had all the money and time in the world to treat your malnourished older patient in hospital?**

## Results

### Factors for success are:

- Visit regularly and repeat dietary advice;
- Involving family in the treatment of the patient;
- Motivational interviewing;
- Motivate physical activity to prevent loss of muscle mass and strength;
- Improve communication and collaboration between professionals;
- A uniform electronic patient chart;
- Digital application supports patients' self management and the communication with and between professionals.

## Conclusion

In this focus group research we defined the most optimal treatment in hospital and home setting, especially in respect to multidisciplinary collaboration and the use of e-health.



This study is part of the ProIntens multicenter study:



Take this poster home

## Correspondence

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