

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

J.J.J. Verstappen^{1,2}, C. van Dronkelaar^{1,2}, M. Tieland¹, H.M. Kruizenga², P.J.M. Weijjs^{1,2}.

¹ Faculty of Sports and Nutrition, Center of Expertise Urban Vitality, Amsterdam University of Applied Sciences, Amsterdam, The Netherlands;
² Nutrition and Dietetics, Amsterdam University Medical Centers, Amsterdam, The Netherlands.

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

J.J.J.verstappen@hva.nl / Juul Verstappen, Faculty of Sports and Nutrition, Amsterdam University of Applied Sciences, Dokter Meurerlaan 8, 1067 SM Amsterdam, The Netherlands

