

# NUTRITIONAL STATUS OF ELDERLY PEOPLE LIVING IN CARE HOME

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## Introduction

- The Senior Citizens Acts 2063, Nepal defines the senior citizens as “people who are 60 years and above”.[1]
- Globally, elderly population has rapidly grown. In 2010 global elderly population was 524 million and by 2050 it is expected to reach 1500 million having majority of population in developing countries. [2]
- In Nepal, elderly population has almost doubled from 6.5 % in 2001 to 8.1% in 2011.[3]
- Research based findings on Nutritional Status of Elderly Population in Nepal
- Prevalence of malnutrition among elderly people living in old age homes of Kathmandu Municipality was found as 15.5% and those at risk was 61%. [4]
- Study from Okharpauwa VDC, Nuwakot, Nepal, among 242 elderly people , 24% were malnourished and 65% are were at risk of malnutrition. [5]
- A study conducted at Pharping in 2012 found that 31% of elderly people were malnourished, and 51% were at risk of malnutrition. [6]

## Objective

- **The general objective** is to assess the nutritional status of elderly people living at care home.

### Specific Objectives

- To assess the dietary pattern of the elderly people.
- To categorize the malnourished, high risk and normal among elderly people.

## Methodology

- **Study design:** Descriptive cross sectional design.
- **Study area:** Orchid Care Home, Basundhara
- **Sampling:** Purposive sampling technique
- **Sample Size:** Total 72 respondents were included in the study

## Data collection instrument

- MNA (Mini Nutritional Assessment) scale developed by Nestle Nutrition Institute was used to collect data
- Body Mass Index Calculation.

## Results

SN	Variables	Frequency	Percentage
1	<b>Sex</b>		
	Male	47	65.3
	Female	25	34.7
2	<b>BMI</b>		
	17-24	44	61.1
	More than 24	22	30.6
	Less than 17	6	8.3
3	<b>Family Structure</b>		
	Joint	60	83.3
	Nuclear	12	16.7
4	<b>Education</b>		
Literate	22	30.6	
5	<b>Occupational Status</b>		
	Business	24	33.3
	Retired	22	30.6
	House maker	21	29.2
	Social worker	5	6.9
6	<b>Income dependency</b>		
	Family	63	87.5
	Self	9	12.5

## Dietary Pattern

Dietary pattern	Frequency	Percentage
Good oral appetite	62	86.1
<b>Reason of poor appetite</b> (n=10)		
Refuse	6	8.3
NG	3	4.2
Oral candidiasis	1	1.4
<b>Breakfast</b> (Tea/milk/biscuits/oats)	62	86
<b>Lunch</b>		
Rice/daal/curry	56	77.8
Roti/daal/curry	14	19.4
Jaulo	2	2.8
<b>Dinner</b>		
Rice/daal/curry	45	
Jaulo	2	

## Nutritional Status according to MNA (Mini Nutritional Assessment)

Nutritional Status	Number	Percentage
Nourished	38	53
Risk of Malnutrition	29	40
Malnourished	5	7

## Key Findings

- Based on BMI of the elderly, more than half 61.1% respondents were nourished where 8.35 were malnourished.
- Majority respondents 86.1% have good appetite towards foods and 10 respondents have no appetite due to refusing, NG/PEG feeding and oral candidiasis.
- Based on MNA scale, more than half respondents 53% were nourished and almost half of respondents 40% were in risk of malnutrition. Similarly, 7% of respondents were malnourished.

## Conclusion

- Comparing MNA scale and BMI, similar status can be found i.e more than half are nourished, one third are at risk of malnutrition and remaining are already malnourished.
- There is a greater risk of malnutrition among the elderly population living in old age homes, which seems to be worsening with the advancing age.
- Periodic health checkup, nutritional assessment and tracking the weight gain and loss of elderly population in geriatric home is recommended.

## References

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