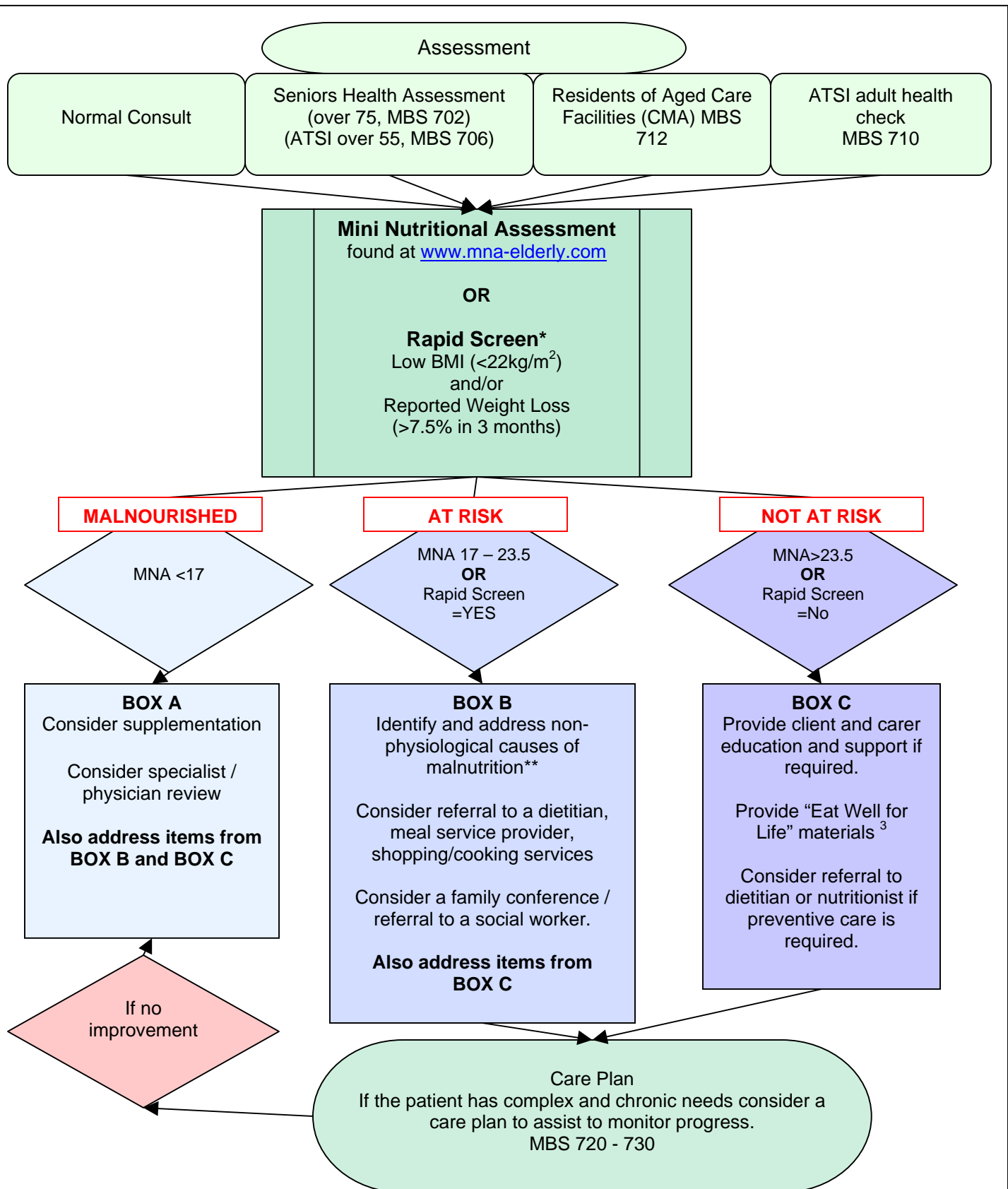


Nutritional Risk in Older People



* The highly specific but less sensitive 'rapid screen' may be the best method in facilities with limited resources as it can be easily incorporated into nursing / medical admissions and avoids biochemical investigations in all patients. The more sensitive two-tiered Mini Nutritional Assessment is better if resources permit.¹

** See over page for Non-Physiological causes of under nutrition in older people²

Nutritional Risk in Older People

Nonphysiological causes of under nutrition in older people²

Social factors

Poverty
Inability to shop
Inability to prepare and cook meals
Inability to feed oneself
Living alone, social isolation, or lack of social support network
Failure to cater to ethnic food preferences

Psychological factors

Alcoholism
Bereavement
Depression
Dementia or Alzheimer disease
Cholesterol phobia

Medical factors (mediated through anorexia, early satiation, malabsorption, increased metabolism, cytokine mediated and impaired functional status)

Cancer
Alcoholism
Cardiac failure
Chronic obstructive airways disease
Infection
Dysphagia
Rheumatoid arthritis
Parkinson disease
Hypermetabolism (eg. hyperthyroidism)
Malabsorption syndromes
Gastrointestinal symptoms: dyspepsia, atrophic gastritis, vomiting, diarrhoea
Constipation
Poor dentition

Medications

- Nausea/vomiting
 - antibiotics, opiates, digoxin, theophylline, nonsteroidal anti-inflammatory agents (NSAIDs)
- Anorexia
 - antibiotics, digoxin
- Decreased sense of taste
 - metronidazole, calcium channel blockers, angiotensin converting enzyme inhibitors (ACE), metformin
- Early satiety
 - anticholinergic drugs, sympathomimetic agents
- Reduced feeding ability
 - sedatives, opiates, psychotropic agents
- Dysphagia
 - potassium supplements, NSAIDs, biphosphonates, prednisolone
- Constipation
 - opiates, iron supplements, diuretics
- Diarrhoea
 - laxatives, antibiotics
- Hypermetabolism
 - thyroxine, ephedrine



A joint project of the Adelaide North East Division of General Practice and the Healthy Ageing/ Nutrition Project.
visit the website:
<http://www.health.sa.gov.au/healthy-ageing-nutrition>

¹Visvanathan, R, Penhall, R, Chapman, I Nutritional screening of older people in a sub-acute care facility in Australia and its relation to discharge outcomes. *Age and Ageing* 2004;33:260-265.

² McIntosh, C. Morley, JE, Chapman, IM The Anorexia of Ageing. *Nutrition* 2000; 16:983-995.

³Commonwealth Department of Health and Aged Care. Eat well for life: a practical guide to the dietary guidelines for older Australians. 1999. Available at www.nhmrc.gov.au/publications/synopses/n23syn.htm

The ANEDGP presents this follow chart based on previous research and is not responsible for any action taken in reliance on anything contained in this flowchart.