Malnourished older adults admitted to rehabilitation in rural New South Wales remain malnourished throughout rehabilitation and once discharged back to the community: A prospective cohort study

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Malnourished older adults admitted to rehabilitation in rural New South Wales remain malnourished throughout rehabilitation and once discharged back to the community: a prospective cohort study

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

S. Marshall,* J. Bauer* & E. Isenring*†

<table>
<thead>
<tr>
<th></th>
<th>Functional Status</th>
<th>Quality of Life</th>
<th>Adm to nursing home</th>
<th>Acute Care</th>
<th>Mortality</th>
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<td>Charlton 2012</td>
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<td>Neumann 2005</td>
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<td>Sullivan 1991</td>
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<td>Visvanathan 2004</td>
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</tbody>
</table>

= direction of negative change
Ø = no change

Significance of change considered at $P<0.05$
Nutrition Status
Family and friends of malnourished older adults – Superheros of the nutrition team!

ARE INFORMAL CARERS AND COMMUNITY CARE WORKERS EFFECTIVE IN MANAGING MALNUTRITION IN THE OLDER ADULT COMMUNITY? A SYSTEMATIC REVIEW OF CURRENT EVIDENCE
This study aimed to determine the nutritional status, physical function and health-related quality of life amongst malnourished older adults with informal caregivers admitted to two rural rehabilitation units and 12 weeks post-discharge to the community.
**Participants:**

- Rehabilitation inpatients in rural NSW
- n=30, 79 years, 57% female
- Informal caregiver
- Live at home usually

<table>
<thead>
<tr>
<th>Malnutrition assessment tool</th>
<th>Diagnosis via Scored Patient-Generated Subjective Global Assessment (PG-SGA)</th>
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<tbody>
<tr>
<td>Physical function</td>
<td>Modified Barthel Index</td>
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<tr>
<td>Health-Related Quality of Life</td>
<td>Assessment of Quality of Life (AQoL-6D)</td>
</tr>
</tbody>
</table>
Nutrition status over time

- T1: Admission
- T2: Discharge
- T3: 12 weeks post-discharge

Number of participants

- Severe Malnutrition
- Moderate Malnutrition
- Well Nourished
Worsening physical function

Poor quality of life
We Need Your Help Please


