

P-462 - NUTRITIONAL STATUS OF THE HOSPITALIZED ELDERLY DEMENTIA PATIENTS AND IT`S RELATION WITH CALF CIRCUMFERENCE

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Introduction: Dementia is a neurological disease mainly characterized by clinically significant cognitive deficit which includes memory. Behavioral changes may occur and lead to an autonomy loss and a decreased capacity to perform daily professional and social activities. Disease-related undernutrition leads to an increased number of clinical complications as with a negative outcome in the physical and psychological status. Hospitalization can worsen the status. The Full Mini Nutritional Assessment (MNA)[®] is the golden standard for nutritional status evaluation and it is validated for Alzheimer Disease (AD).

Objectives: Undernutrition in AD patients has been also related to significant weakness, depression, increased susceptibility to other illness.

Aims: Evaluate the Nutritional Status of the hospitalized elderly dementia patients in the Geriatric Ward - Hospital de Magalhães Lemos and it`s relation with calf circumference.

Methods: Cross-sectional study made between February to May of 2011. Full MNA[®] was applied. Furthermore, the patients were subjected to weight, height, calf circumference and mid-arm circumference measurements and the body mass index was calculated.

Results: 22 patients were evaluated of which 31.8 % were male and 68.2% female. Mean age was 74.9 (8.2) years. Full MNA[®] revealed that 45.5% of the elderly dementia people were at risk of malnutrition, 4.5% did not show nutritional risk and 50% was malnourished. The calf circumference equal or superior to 31cm showed to be more representative with 54.5%, while inferior to 31cm showed 45.5%.

Conclusions: This study revealed the major importance of assessing the nutritional status and the need to use the calf circumference as a parameter for that evaluation.