

Nutrition Intervention

Professor Francesco Landi

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Professor Francesco Landi, MD, PhD



Professor Yves Rolland, MD, PhD

Program Outline

(Forty-minute presentation with fifteen-minute Q&A)

The speaker will review the process of malnutrition screening and nutrition assessment of older adults, and will discuss the indication, benefits and challenges of oral nutrition supplementation in this population.

About the Speaker

Assistant Professor of Geriatrics at the Università Cattolica del Sacro Cuore, in Rome, Prof Landi has over 180 publications in international medical journals, many of which are in the area of frailty and functional status of older people. Prof Landi is particularly interested in the role of nutrition as part of the integrated care of older adults and participated in the development of the European Consensus on Sarcopenia Definition and Diagnosis.

About the Moderator

Yves Rolland is Professor of Geriatrics, working at Gerontopôle; he is in charge of the long term care unit of the Department of Internal Medicine and Geriatrics, University of Toulouse, France. Author of more than 50 original papers in the field of geriatrics and sarcopenia. Prof Rolland is the principal investigator of a French network of research in nursing home (REHPA), and participated in the development of the European Consensus on Sarcopenia Definition and Diagnosis.

Summary on Nutrition Intervention from Professor Landi

Scientific evidence indicates that a significant number of elderly fail, for many reasons, to get proper amount and types of food necessary to meet essential energy and nutrient needs. Weight loss due to secondary anorexia has been mentioned as one of the most prevalent problems in older populations and is acknowledged as an independent predictor of morbidity and mortality among adult and geriatric patients in various clinical settings. Nutrition intervention is important to provide the subject with sufficient nutrition in regards to amounts of energy, protein and micronutrients; to maintain or improve the subject's nutritional status, functional status, activity level, and capacity for rehabilitation, as well as their quality of life; to reduce complications, such as morbidity and mortality.

Enteral nutrition by means of oral nutritional supplements offers the possibility to increase nutrient intake in case of insufficient oral food intake. Nutrition intervention is recommended for geriatric patients at nutritional risk, in case of multimorbidity and frailty, and following orthopedic surgical procedures. Good nutrition in the later years can improve the quality of life of persons with osteoporosis, obesity, high blood pressure, diabetes, heart disease, certain cancers, and gastrointestinal problems.

The greatest challenge in managing the patient who is malnourished or at risk for malnourishment is to ensure compliance. This issue is definitely true for compliance with nutrition intervention and in particular with oral nutritional supplements. Although oral nutritional supplements may be ordered, the patient may not take the supplement, due to a variety of reasons, such as the patient being too tired to take the supplement or the patient not being able to consume the entire supplement in one sitting. This creates a nutrition intake gap. In my lecture I will also discuss the possible solution to this nutrition gap, integrating oral nutritional supplementation into the medication pass.

