



Service Priorities and Programmes

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Oral nutrition supplement is effective to increase energy and protein intakes of sarcopenic older patients in Geriatric Day Hospital

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Introduction

Sarcopenia is common among local older adults. It has been estimated, the prevalence of sarcopenia were 12.3% in men and 7.6% in women in Hong Kong Chinese aged above 70 years. Nutrition is an important component of sarcopenia management.

Objectives

To provide nutrition support to sarcopenic older patients who attended Geriatric Day Hospital (GDH).

Methodology

Older patients who attended GDH were screened for sarcopenia by bioimpedance analysis. Sarcopenic older patients were given oral nutrition supplements once daily (~200ml, 180kcal and 11g protein) at GDH. Supplement usage was recorded. Body weight and body composition was assessed upon admission to and discharge from GDH.

Result

From 6/2015 to 11/2017, nutrition support was given to 411 sarcopenic older patients. The interval between two weight measurements was 52 ± 21 days. The mean age, weight and BMI of patients was 81 ± 8.9 years, 47.8 ± 8.4 kg and 20.2 ± 3.1 kg/m². An average of 10.5 ± 4.3 oral nutrition supplements were given per participant. The consumption rate was 84%. Body weight increased 0.54 ± 3.2 kg (+1.1%, P=0.001) upon discharge from GDH. The oral nutrition supplement met ~12% of estimated daily energy requirement and ~16% of daily protein requirement. To conclude, oral nutrition supplement was well accepted and might be an effective way to increase energy and protein intake of sarcopenic older patients who attended GDH.