

Dietary treatment of outpatient malnourished geriatric patients in the Elisabeth-TweeSteden Hospital and weight changes in subgroups.

Published: 10-09-2015

Last updated: 19-04-2024

Primary objective: The purpose of this study is to investigate what the changes in weight are after dietary treatment, according to the guideline 'Malnutrition in geriatric patients' in subgroups malnourished geriatric outpatients....

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Appetite and general nutritional disorders
Study type	Interventional

Summary

ID

NL-OMON42440

Source

ToetsingOnline

Brief title

Dietary treatment malnourished geriatric outpatients and changes subgroups

Condition

- Appetite and general nutritional disorders

Synonym

Malnutrition / undesired weight loss

Research involving

Human

Sponsors and support

Primary sponsor: TweeSteden ziekenhuis

Source(s) of monetary or material Support: Nutricia, Samenwerkingsbijdrage / Unrestrictive grant van Nutricia Advanced Medical Nutrition

Intervention

Keyword: Dietary treatment, Elderly, Malnutrition, Subgroups

Outcome measures

Primary outcome

Weight changes in kilograms after 12 weeks.

Secondary outcome

- BMI
- Intake of energy (in calories) and protein (in grammes) after 12 weeks
- Questionnaires ADL and IADL
- Walking test over 4 meters
- Hand squeeze strength test

Study description

Background summary

The Dutch population is gradually aging. This will imply an increased pressure on health expenditure. To keep the health care system payable, the government decided to minimize the care of elderly in institutions. Older people will therefore remain ambulatory and maintaining independence is a important. Malnutrition is a threat to the independence of frail elderly. Negative effects of malnutrition are an increased risk of hospitalization, more need for home care and more visits to the GP. This leads to higher health care costs. In the past years has been demonstrated that dietary treatment in malnourished elderly people is effective.

In the Elisabeth-TweeSteden Hospital, geriatric outpatients are currently screened on malnutrition at the first consultation. However, there is no protocol for the treatment of malnourished patients. At first consultation, geriatricians give malnourished patients a general nutritional advice and advise patients to make an appointment with a dietician. At a follow-up consultation turns out the patient has not visited a dietician yet. Therefore,

geriatricians wish to change the policy for treating malnutrition at the outpatient clinic. To date, no research has been carried out which subgroups malnourished geriatric outpatients benefit from dietary treatment. During this research we want to monitor the use of dietitians in malnourished geriatric outpatients and the changes in subgroups.

Study objective

Primary objective:

The purpose of this study is to investigate what the changes in weight are after dietary treatment, according to the guideline 'Malnutrition in geriatric patients' in subgroups malnourished geriatric outpatients.

Secondary objectives:

- Investigate which changes dietary treatment has on nutritional status, body weight, body composition and functional status;
- Examining the percentage of malnourished geriatric outpatients which have an optimal nutritional intake after 12 weeks of dietary treatment;
- Improve the quality of dietary treatment in malnourished geriatric outpatients in the ETZ.

Study design

Implementation study

Intervention

Malnourished geriatric outpatients receive dietary treatment for twelve weeks according to the guideline 'Malnutrition in geriatric patients'.

Study burden and risks

The patient will be charged because dietary intake will be questioned, a hand squeeze strength test and walking test will be performed twice. The patient also gets dietary advice. In total, the research requires a time investment of 100 to 125 minutes. The appointments will be combined with other appointments at the hospital as much as possible.

Dietary treatment may cause short-term improvements in the situation of the patient, for example, they will have more energy for their daily activities. The literature shows that dietary treatment in malnourished elderly has positive effects. It leads to a reduction in mortality, rehospitalization, functional limitations and the risk of complications.

Nutritional interventions in malnourished geriatric inpatients are shown to be safe. We do not expect any medical risks in the treatment of malnourished

geriatric outpatients.

Contacts

Public

TweeSteden ziekenhuis

Dr. Deelenlaan 5
Tilburg 5042 AD
NL

Scientific

TweeSteden ziekenhuis

Dr. Deelenlaan 5
Tilburg 5042 AD
NL

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

- ≥ 65 years
- receive treatment from a geriatrician at the outpatient clinic at the Elisabeth-TweeSteden hospital
- malnourished according to the Short Nutritional Assessment Questionnaire (SNAQ) and/or Body Mass Index (BMI).

Exclusion criteria

- Mentally incompetent to consider participation in the research
- If dietary treatment at the first consultation to the geriatrician is immediately necessary (geriatrician reviews this)
- Terminal phase of life (death within 3 months to be expected)
- Newly diagnosed malignancy or active cancer treatment (surgery, chemotherapy, radiotherapy)
- Could not understand the Dutch language

Study design

Design

Study type: Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Other

Recruitment

NL

Recruitment status: Recruiting

Start date (anticipated): 26-08-2015

Enrollment: 65

Type: Actual

Ethics review

Approved WMO

Date: 10-09-2015

Application type: First submission

Review commission: METC Brabant (Tilburg)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
CCMO	NL53702.028.15