

## FREE PAPER ORAL PRESENTATIONS

### FREE PAPER ORAL PRESENTATIONS DAY 1 - FRIDAY, 10 NOV 2017

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#### Assessment of nutritional status in elderly diabetic outpatients using the Mini Nutritional Assessment-Short Form (MNA-SF)

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Free Paper 1, Room 7, November 10, 2017, 2:15 PM - 3:15 PM

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**Objectives:** To assess nutritional status and some factors related to malnutrition among elderly diabetic outpatients.

**Methods:** Cross-sectional study of 158 elderly diabetic out-patients aged at 60 or over coming to National Geriatric Hospital from June 15th to September 29th. Mini-Nutritional Assessment – short form (MNA-SF) and Fried Frail Criteria were used to assess nutritional status and frailty syndrome, respectively. Chi-squared test and logistic regression model were used to assess the associations between some factors with nutritional status.

**Results:** 52 in 158 patients were malnutrition or at risk of malnutrition (32.9%). Nutritional status of elderly diabetic patients was statistically significantly associated to over 4.5 kg weight loss, exhaustion, cognitive impairment, functional independence ( $p < 0.05$ ). Weight loss, exhaustion, cognitive impairment and slowness increasing the risk of malnutrition and malnutrition with odds ratios were 11.82 (95% CI: 2.69-51.90), 2.99 (95% CI: 1.13-7.91); 4.09 (95% CI: 1.66-10.09); 3.44 (95% CI: 1.44-8.20), respectively.

**Conclusions:** The prevalence of malnutrition or at risk of malnutrition status was high among elderly diabetic out-patients. Risk of malnutrition/malnutrition increased in elderly diabetic patients with weight loss, exhaustion, cognitive impairment and slowness.

**Keywords:** Nutritional status, Malnutrition, Elderly, Diabetes, MNA-SF