The consequences of malnutrition following discharge from rehabilitation to the community: A systematic review of current evidence in older adults

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A systematic review of current evidence in older adults

*Journal of Human Nutrition and Dietetics* (2013) 27, 133-141

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Malnutrition

Food and nutrient intake is unable to meet requirements

↓ body weight

↓ body composition

↓ physical function

Watterson et al., 2009; Elia & Stratton, 2005; AIHW, 2010
Malnutrition

Rehabilitation
30 - 50%

Community
10 – 30%

Watterson et al., 2009
AIM 1
“To determine the association between malnutrition in older adults admitted to rehabilitation and
1) Nutrition status
2) Functional status
3) Quality of life
4) Institutionalisation (residential and long term aged care)
5) Acute care admissions
6) Mortality
Once discharged to the community.”

AIM 2
“Explore the extent to which malnutrition-focused interventions may impact upon these post-discharge outcomes in older adults.”

Databases
✓ CENTRAL
✓ CINAHL
✓ EMBASE
✓ Health Source: Nursing/Academic Edition
✓ PubMed
✓ Web of Science
## Results

<table>
<thead>
<tr>
<th>Study</th>
<th>Country</th>
<th>Study Design</th>
<th>N</th>
<th>Time Period</th>
<th>Prognosis Evidence</th>
<th>Aetiology Evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charlton et al. (2012)</td>
<td>Australia</td>
<td>Retrospective cohort</td>
<td>469</td>
<td>2006 - 2009</td>
<td>III-3 – Prognosis</td>
<td>+</td>
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<tr>
<td>Neumann et al. (2005)</td>
<td>Australia</td>
<td>Prospective cohort</td>
<td>133</td>
<td>2003</td>
<td>II – Prognosis</td>
<td>Ø</td>
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<tr>
<td>Nicosia et al. (2012)</td>
<td>Italy</td>
<td>Prospective cohort</td>
<td>243</td>
<td>2007 - 2008</td>
<td>II – Prognosis</td>
<td>+</td>
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<tr>
<td>Sullivan et al. (1991)</td>
<td>USA</td>
<td>Prospective cohort</td>
<td>110</td>
<td>1987 - 1988</td>
<td>II- Aetiology</td>
<td>+</td>
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</tbody>
</table>
Interventions
# Results

<table>
<thead>
<tr>
<th></th>
<th>Functional Status (n133)</th>
<th>Quality of Life (n133)</th>
<th>Institutionalisation (n667)</th>
<th>Acute Care (n534)</th>
<th>Mortality (n822)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charlton 2012</td>
<td></td>
<td></td>
<td></td>
<td>↑</td>
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<tr>
<td>Neumann 2005</td>
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<td>Nicosia 2012</td>
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<td>Ø</td>
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<td>Sullivan 1991</td>
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<td>Visvanathan 2004</td>
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<td>↑</td>
<td>↑</td>
</tr>
</tbody>
</table>

Significance considered at $P<0.05$
Implications for future research

Malnutrition in rehabilitation

Malnutrition in community?

• Access to older adults in the community

• Is intervention effective in the long-term?
Conclusion

Physical function
Quality of life
Remain in own home
Longevity

Malnutrition

Nutrition services
Thank you