The effect of a liquid nutrition supplement on the nutritional status of patients in psycho-geriatric nursing homes.

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Introduction

Nutrition's role around the treatment of nursing home residents, as well as its impact on their health and well-being, is becoming more well recognised. Malnutrition is affects approximately 30–70% of elderly people who are institutionalised. The factors that contribute to these deficiencies are insufficient intake, which can be caused by a lack of macronutrients, bad eating habits, loneliness, depression, dental or chewing issues, medicines, or dementia. Vitamin deficits are common among the elderly in the Netherlands, particularly for vitamins B1, B6, C, and D [1]. Other investigations have discovered vitamin B1, vitamin B2, vitamin B6, vitamin C, and potentially folate deficiency in the aged who are hospitalized. A purpose of this study was to assess the acceptance of a multinutrient liquid nutrition supplement in psycho-geriatric nursing home residents, as well as the impact on weight, plasma nutrients, and everyday routines. Distribution of a 125 mL, 0.6 MJ (135 kcal) full micronutrient-enriched liquid nutrition supplement or placebo twice daily during the afternoon during main courses. At 0, 6, and 12 weeks, study parameters were evaluated. Weight, Barthel index of daily activities, bowel function, and numerous plasma values (albumin, C-reactive protein (CRP), homocysteine, thiamine, thiamine diphosphate (TDF), vitamin B6, vitamin B12, folic acid, and vitamin D). These are the main outcomes of measures [2].

Treatment

For a three-month trial period, patients were given two tetrapacks of either the liquid nutrition supplement or a placebo product in addition to their regular dietary intake. Throughout the day, between big meals, the nursing staff provided medicines [3]. The nursing staff assisted and encouraged patients to swallow the supplement. Numico Research BV provided both the liquid nutrition supplement and the placebo in two separate flavours.

Dietary and pharmaceutical intake are evaluated

A trained dietician used a combination of weighted and unweighed dietary records to assess food intake for three consecutive weekdays prior to the study. During every experiment, supplement and placebo intake were tracked, as well as variations in meal intake. The tool's sensitivity was determined by evaluating bowel function using a faeces list. Diarrhoea was defined as three or more liquid stools a day.

Biosciences

During a fasting state, blood samples were taken. After deproteinisation with KCI and derivatisation with bromocyanide, plasma homocysteine was quantified by HPLC according to Thiamine, thiamine diphosphate (TDF), and pyridoxines were investigated [4].

Anthropometry

The average body weight was obtained from records or relatives. On a calibrated balance, current weight was assessed before breakfast in nightwear. The height of the left knee was measured and the height determined.

Consumption of food and supplements

The total energy intake was modest on general. In 23–100% of the patients, their consumption of fibre, calcium, vitamin A, vitamin D, vitamin E, vitamin C, vitamin B1 and vitamin B2 was less than few of the Dutch requirements.

Weight gain and day-to-day pursuits

The difference in body weight between the two groups after the 12-week trial period was significant (P=0.03). The binge eating in the supplement group was 1.42.4 kg, while the weight gain in the baseline was 0.83.0 kg. After 12 weeks of delivering a liquid nutrition supplement to psycho-geriatric nursing home residents, we discovered an increase in weight and improvements in plasma vitamin levels. Changes in body weight are an essential measure of a patient's condition [5].

Conclusion

Nutritional supplements are widely tolerated in psycho-geriatric nursing home residents, according to the study, and it can improve their nutritional status. The research found that supplying a specifically formulated low-volume liquid nutrition supplement to psycho-geriatric nursing home patients can help them eat better.

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