

Association between Nutritional Status and Functional Capacity of Elderly

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Abstract

Introduction: In Pakistan, people of age 60 years and above constitute approximately 5.54% of total population. In this seldom neglected group of population, the most common cause of disability is malnutrition, which is usually insufficiently treated.

Objectives: The objective of this study is to determine the association between nutritional status and functional capacity of the elderly.

Materials & Methods: This Cross-sectional study was conducted in Holy Family Hospital, Rawalpindi starting from June 2019 to December 2019. The sample size of 100 individuals included individuals aged 60 years and above; while those who did not give consent, individuals with severe terminal illness and cancer, bedridden patients, comatose patients, patients on Total Parenteral Nutrition and those who are paralyzed were excluded. Weighing machine and measuring tape were used as tools. While, Mini Nutritional Assessment Scale and Katz Index were used to assess the nutritional status and functional capacity respectively, via one-on-one interviews, essentially translated from English to Urdu for convenience; and afterwards, was back-translated. The socio-demographic variables like gender, age, educational status, marital and employment status were also recorded. The information recorded and assessed was later entered and analyzed using SPSS. Descriptive statistics were applied. Chi's square test, along with Fisher's Exact Test, was used to compare functional status in patients with normal nutritional status, at risk of malnutrition and malnourished.

Results: Out of 100 included participants, 57% were male while 43% were female, 63% were married, 9% were divorced, 28% were widowed, 9% ran any sort of business, 54% were retired, 75% lived in a joint family, 25% in a nuclear family, while none lived alone, 28% were diabetics, 45% were hypertensive, 14% had Ischemic Heart Disease, 4% had renal disease, 16% had liver disease, 44% had osteoarthritis, while 2% had thyroid related disorders. A statistically significant association between nutritional status and functional capacity of elderly was observed. (p=0.000)

Conclusion: Well Nourished elderly have better Functional Capacity



Biography:

Rameesh Tahir is a medical student from Rawalpindi medical university, Pakistan. Her research interests are Epidemiology, Microbiology and Geriatrics.

Speaker Publications:

1. "Treatment Of COVID-19 In Pakistan ---Old Stratagem For New Challenges: A Multicentered Study In Pakistan"

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