

“Results of High-Protein, High-Calorie Oral Nutritional Supplementation in Malnourished Older People in Nursing Homes: An Observational, Multicenter, Prospective, Pragmatic Study”



This journal article covered an observational, prospective study in which the goal was to assess the impact of oral nutritional supplements in malnourished older people that live in nursing homes. The study took place in Spain over the course of 38 nursing homes, in which the participants that were eligible in the study had to be over the age of 65 and had a diagnosis of malnutrition. The study showed promising results in which participants experienced increased body weight, BMI, MNA-SF (mini nutritional assessment-short form), and even improvements in functional status. Since malnutrition is associated with many different comorbidities and can even lead to mortality, so the idea of this study was to see if nutrition was focused on in malnourished residents, it would positively affect them. After 12 weeks of the study, mean body weight percentage had increased by about 5.2%, with the median increases in weight were higher in participants in the lower baseline BMI quartile compared to those in the higher BMI quartile. Not only was there an increase in weight, but also an improvement in Barthel index (stair climbing, bladder control, etc.) handgrip strength, and gait speed. The study mentions that a strength of this study is that it can be generalized to real life practice because it closely reflects the situation of malnourished residents in nursing homes, however it also mentions that an implication of this study is that more long-term studies are required to collect more evidence.

This study is very intriguing because nutrition may sometimes be overlooked in a long-term care setting. People tend to focus mainly on disease states of the patients and what kind of medication regimen would help solve or manage these disease states. However, something as simple as nutrition can really alter the quality of life of a resident. In the study, that something as simple as integrating oral nutritional supplements really affected the quality of life of these residents, not only that but when the residents feel like they are healthier physically that really impacts their mental health in a positive way. Studying this topic more in depth and for a longer period of time is critical because it is vital to understand how to care for these residents in long-term care facilities. These kinds of studies could also help to manage certain disease states or

even prevent them in certain patients and could even reduce things such as falls or breaking bones because they will be stronger.

To review the full paper, please go here: [https://www.jamda.com/article/S1525-8610\(21\)00297-8/pdf](https://www.jamda.com/article/S1525-8610(21)00297-8/pdf)