



# IMPACT IN QUALITY OF LIFE OF A NUTRITIONAL IMPROVEMENT IN ELDERLY WITH SWALLOWING IMPAIRMENT: SECOND ANALYSIS FROM THE WEANCARE STUDY

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## Background and aims

Dysphagia and malnutrition increasingly affect elderly people quality of life and consequently increase costs for nursing homes due to nursing care required. The aim of this study is to assess the impact of the WeanCare program, dedicated to dysphagic elderly people and/or on modified density diets, on functional outcomes.

## Methods

This is an open pre-post longitudinal multicentre quasi-experimental study without a control group. We proposed texture modified meals with a proper level of protein and energy that allow patients to reach the right amount of energy needed daily as recommended by LARN 2014.

This furniture consists in a dehydrated first, second and side dish for each principal meal, a breakfast and two snacks. population went under treatment for at least 6 months.

We evaluate, in a pre-post model, results about needs of feeding, participation in social activities, meals consumptions and enemas administered on a monthly basis.

## Results

Our population from Italian nursing homes was composed of 120 patients ( 82,5% female), with an average age of 88 years (sd 6,34); 88,3% with cognitive impairment only 49 (40,8%) of them was engaged in social activities. 79 (65,8%) have to be fed and 24 (20%) of the sample were not eating regularly. We found a reduction of these parameters 63 (53,8%) have to be fed ( $p<0.01$ ) and 17 (14,5%) of the sample were not eating regularly ( $p=0.096$ ). moreover 64 (54,7%) of them was then engaged in social activities ( $p<0.01$ ). enemas pass from an average of 3.62 (SD 2.54) to 1.65 (SD 2.22) monthly ( $p<0.01$ ).

## Conclusions

Our results shown that increasing proteins, energy and hydration in patients with dysphagia, even with specific food, could lead to an improvement in their quality of life

