

Sector transitions and documentation

Anne Marie Beck, Docent, Ph.d.

University College Copenhagen

Abstract

Hospitalization of older people often results in low of weight and physical function.

50% of geriatric patients are discharged with a physical rehabilitation plan (GOP), while only 5% is discharged with a nutritional follow-up plan (OP).

This difference is probably reflected in a difference in the health regulation, in which GOP is a part and therefore a "shall", but OP is not.

Numerous studies - including several Danish RCTs - have documented the beneficial effect of OP – which among others means that a nutritional follow-up in relation to discharge is recommended in the evidence-based guidelines from E.S.P.E.N (Volkert et al. 2019).

The present days lack of nutritional follow-up is therefore a serious problem and might result in limited benefits of the GOP and increased risk of hospital (re-) admissions.

Volkert et al. 2019 <https://www.ncbi.nlm.nih.gov/pubmed/30005900>