

Nutritional intervention

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Abstract:

Nutritional interventions during hospitalisation are planned actions intended to positively change the health status of older medical inpatients at nutritional risk. The aim is to provide adequate amounts of energy, protein, micronutrients and fluid to meet nutritional requirements. Sufficient food intake maintain or improves the nutritional status, optimises the function of the older patient and ensures the best possible quality of life.

Nutritional interventions among inpatients must be personalised, comprehensive and part of a multidisciplinary team approach. Individualised nutritional support is a part of the treatment and should be conducted systematically. The individual nutritional treatment plan should be reviewed and adjusted throughout the hospitalisation on the basis of daily food records. At discharge from hospital, patients should receive dietary counselling in an outpatient setting, and if indicated a prescription for oral nutritional supplements.