

HAC 2016 ABSTRACT for Oral Presentations

Presentation no.: F4.1

Presenting Author:

Project title

Use of Condiments Increases Food, Energy and Protein Intakes in Older Patients Attending Geriatric Day Hospital, Pok Oi Hospital.

Author(s)

Chan CS (1), Koo HW (1), Au Yeung TW (2), Liu TY (1), Sin KL (1), Lau ST (2), Man SP (2), Woo CCK (2), Lai YL (2), Chiu LPG (2), Chow YM (2), Tsun KK (2), Chan CY (2), Lam YH (2)
(1) Dietetic Department, Pok Oi Hospital(2) Department of Medicine and Geriatrics, Pok Oi Hospital

Keyword(s)

Nutrition Support
Older Patients
Geriatric Day Hospital

Approval by Ethics Committee: /

Introduction

Inadequate energy and protein intake is a common nutrition problem in older adults (1, 2) and has an impact on malnutrition (3). With an aim to improve oral intakes of older patients, a pilot program of using condiments was conducted on a group of older patients who attended Geriatric Day Hospital.

Objectives

To increase older patients' food, energy and protein intakes by use of condiments.

Methodology

Older patients, who were not put on a low salt diet and could feed themselves with verbal consent of using sweet soy sauce, were included. Patients consumed one meal (lunch) at GDH. Food consumption before and after addition of a sachet of sweet soy sauce (HK\$0.6, 8ml, 10kcal, 2g sugar, 328mg sodium) were measured by weighing of food. Energy and protein intakes were estimated according to nutrition information provided by the Dietetics and Catering Management System.

Result

One hundred consecutive older patients (Age: 81±7.4y) were recruited in the period of October - December 2015. Average food consumption before adding condiment was 65%. Food, energy, protein and sodium intake increased from: 341±124g to 367±111g (+7.6%, P<0.01), 354±125kcal to 390±128kcal (+10%, P<0.01), 18.4±7.52g to 19.9±7.4g (+8.5%, P<0.01) and 520±281mg to 796±310mg (+53%, P<0.01), respectively. Further analysis showed that for those who had energy intake less than 1/3 of estimated daily energy requirement (N=78), improvements were even more significant. Food, energy, protein and sodium intakes increased from: 312±116g to 349±111g (+12%, P<0.01), 317±113kcal to 369±130kcal (+16%, P<0.01), 16.7±7.2g to 19.0±7.4g (+14%, P<0.01) and 474±259mg to 775±293mg (+63%, P<0.01), respectively. Although sodium intake increased significantly, the mean intake was still within American Heart Association's recommendation, which was <2,400mg sodium per day (4) (assuming daily sodium intake: three times lunch intake).