

# Prevention and Treatment of Malnutrition in Older Adults 2023: Long-Term Care

Older adults are at increased risk for malnutrition, especially those living in long-term care. Malnutrition can increase risk for morbidity, mortality, and decrease quality of life. The purpose of the MiOA guideline is to provide evidence-based recommendations to healthcare practitioners, particularly dietitians, to guide nutrition care.

## Nutrition Assessment

We suggest that dietitians use the **Mini-Nutritional Assessment (MNA)** for malnutrition assessment in older adults living in long-term care. MNA is a valid tool that can identify older adults that are malnourished and may predict mortality.

Available Evidence



Expert Confidence



**Consider using the Subjective Global Assessment (SGA) if the Mini Nutritional Assessment is not feasible for malnutrition assessment.** SGA may be a valid and reliable tool that can identify older adults with malnutrition, although more evidence is needed. (Consensus)

- Coordinate among administrative support, policies, and procedures
- Integrate in electronic health records
  - MNA free to incorporate with permission
  - SGA offers mechanisms

## Oral Nutrition Supplements

Healthcare practitioners should recommend oral nutrition supplements (ONS) for older adults with malnutrition or at risk for malnutrition living in long-term care. ONS intake 1-2 times per day is likely to increase calorie and protein intake, promote weight maintenance or desired weight gain, and improve nutrition status.

Available Evidence



Expert Confidence



- Incorporate into individualized comprehensive nutrition care plans
- Best used as a supplement rather than a meal replacement
- Individualize amount, form, viscosity, flavor, temperature, and time of intake
- Continuously monitor and evaluate

## Food Fortification

Healthcare practitioners may consider food fortification as part of a comprehensive nutrition intervention for older adults with malnutrition or at risk for malnutrition living long-term care. Food fortification is a commonly used and feasible nutrition intervention to improve calorie and protein intake. (Consensus)

- Incorporate into individualized comprehensive nutrition care plans
- Add calorie and protein boosters to typical meal items the individual already enjoys
- Consider use of readily available high calorie and/or protein items such as butter, nut butters, sauces and gravy

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