

Nutrition for Seniors Eat Smart Live Smart (v3)

3. Dietary Intake and Hydration Status of Seniors: an overlooked activity

長者的飲食攝入和水份狀況: 被忽視的生活環節

Nutritional status is influenced by factors beyond the diet itself.

營養狀況受飲食本身以外的因素影響。

Alterations in nutritional health may indicate unrecognised disease states or adverse reactions, unmet assistive needs, inattention to cultural norms, psychologic problems, or lack of attention to the social aspects of dining.

營養健康狀況有改變，可能指未能識別的疾病或不良反應、不足的協助、被忽視的文化差異、心理問題或缺乏關注進餐作為社交活動。

Inadequate dietary intake is a common problem amongst older acute-care patients.

飲食攝入不足是在有需要急性護理的老年患者常見的問題。

Moreover, it has been identified as an independent risk factor for in-hospital mortality.

並且營養不良是被認為造成住院死亡的獨立風險因素。

Existing literatures recognise that loneliness and isolation contribute towards depression in some acute patients, especially those staying in single room of the ward.

現今有文獻估計急症患者會因孤獨及被隔離而導致抑鬱，尤其是住在病房單人間的患者。

Depression has been associated with causing loss of appetite, reduced food intake, and unintentional weight loss in older persons.

抑鬱症與導致長者食慾下降，食物攝入量減少及非自主體重減輕有關。

Older people express reduced food intake to limit their visits to the toilet.


據長者提示，他們藉減少食物攝入量使減少去洗手間次數。

There is evidence to suggest that hospital patients often reduce their fluid intake to avoid using the bedpan due to the associated loss of privacy and dignity.

亦有証據顯示住院病人因使用便盆，喪失私隱及尊嚴而減少飲水。

Older people were also of the opinion that dietary interventions were less valuable than medical treatment, and therefore did not perceive eating poorly as a problem.

長者還認為飲食措施不如醫學治療有價值，因此並沒有認為飲食不佳是一個問題。

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Given the body of evidence linking nutritional adequacy with improved patient outcomes, it is imperative for all healthcare professionals to improve older peoples' knowledge and awareness regarding the importance of nutrition during hospitalisation.


鑑於有大量實証表明營養充足與患者預後改善相關，因此醫護人員都必須提高住院長者的營養知識和意識，使他們明白其重要性。

The challenges for nurses and care workers are to identify those who are malnourished or at risk of becoming so.

護士和護理人員面臨的挑戰是確定誰是營養不良及會變為營養不良的高風險患者。

It is important to monitor nutritional and hydration status, knowing how to intervene and when to refer for specialised intervention.

監測營養和水份狀況至為重要，了解何時給予營養措施及何時轉介專業意見。

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