

Nutrition for Seniors Eat Smart Live Smart (v4)

4. Malnutrition

營養不良

Undernutrition is common among older people admitted to residential homes.

營養不足在入住長期院舍的長者中很常見。

Lower levels of hunger and increased levels of fullness are common complaints.

常見的問題是較低的飢餓感和飽腹感。

Malnutrition is a state resulting from a lack of uptake or intake of nutrition leading to altered body composition, diminished physical and mental function and impaired outcome from disease.

營養不良是由於營養的吸收或攝取不足導致身體機能改變，身心功能下降及疾病導致損傷。

Malnutrition has various impacts for individuals, society and health care services.

營養不良對個人，社會和醫療服務產生各種影響。

It is associated with increased risk of frailty, functional impairment, reduced quality of life, hospitalization, longer length of stay, increased morbidity and mortality.

它與身體虛弱，功能障礙，生活質素下降，住院，長期住院，發病率和死亡率的風險增加有關。

Depending on the healthcare setting, it is estimated that 3% to 29% of older adults are malnourished and 27% to 50% are at risk of malnutrition.


視乎不同醫療機構，估計有 3%至 29%長者患有營養不良，27%至 50%具營養不良風險。

In Hong Kong, the prevalence of malnutrition and at risk of malnutrition among community-dwelling older adults of 1 % and 28 % was reported respectively.

在香港，據報告在社區居住的長者，營養不良和具營養不良風險的患者分別為 1%和 28%。

Among geriatric hospitalized patients, the prevalence of malnutrition and at risk of malnutrition was even higher, in which 17% and 44% were found respectively.

住院的老齡病人，營養不良和具營養不良風險的患者數目更高，分別為 17%和 44%。

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According to the professional society guideline, all older adults, independent of specific diagnosis, in overweight and also obese individuals, should be routinely screened for malnutrition in order to identify those with risk of malnutrition.

根據專業協會指引，所有長者，不論有否特別診斷，包括超重和肥胖者也須作營養不良的常規篩查，以便識別患營養不良的高危人士。

Malnutrition is rarely diagnosed in older people living at home and undoubtedly this cause of ill health, debility and depression is often missed.

家居長者很少被診斷出營養不良，毫無疑問這是導致健康不良，虛弱和抑鬱的原因，更常常被忽略。

The clinical signs of malnutrition, however, may appear very late.

營養不良的臨床症狀可能很遲才出現。

Often as a sudden illness such as pneumonia, or as a fracture.

通常是在突發疾病，如肺炎或骨折後。

Before then, there could have been long periods of poor diet and low food consumption.

在此之前，可能已經歷長期飲食不良和食物攝入量低。

This emphasizes the need to identify speedily those older people who are vulnerable and to treat them before they become malnourished.


由此可見，有必須迅速查明那些脆弱的長者，並在他們營養不良之前進行治療。

It is possible to prevent malnutrition if the circumstances likely to lead to poor eating and drinking are recognised and if appropriate community services are there to help.

如果確認到可導致飲食不良的情況，並在適當的社區服務中提供幫助，則可以預防營養不良。

Nutritional screening on admission and on a periodic basis, and weight measurement are therefore essential in long-term care institution for care of the older people.

因此，在長期護理機構中，長者入住時作營養篩查及定期量度體重至關重要。

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