

NUTRITION IN THE ELDERLY

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PREVIEW

- Treatment of nutrition deficiency helps elderly people



- Treatment of nutrition deficiency kills elderly people

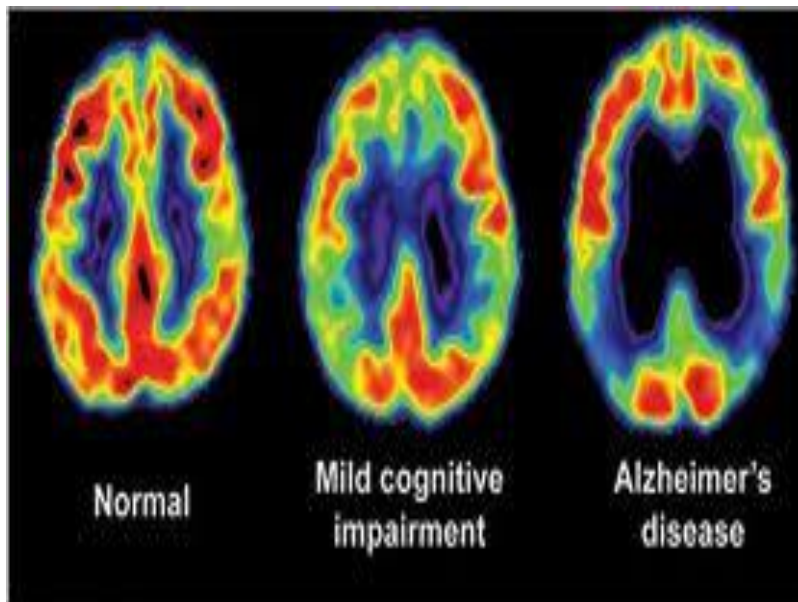


⦿ Micronutrient deficiency

- Vitamin B12, B6, Folate
- Sodium
- Vitamin D3
- Albumin

THE IRREVERSIBLE DEMENTIAS

- Alzheimers, frontotemporal are some of the irreversible dementias



FDG-PET images show reduced glucose metabolism in temporal and parietal regions in Alzheimer's disease and mild cognitive impairment.

Courtesy of Drs. Suzanne Baker, William Jagust, and Susan Landau

THE REVERSIBLE DEMENTIAS

- Reversible dementias
 - B12 deficiency
 - B6 deficiency
 - Folate deficiency
 - Thyroid and iron too

TREATMENT

- B12 - 500micrograms intramuscular thrice weekly for 2 weeks and then orally for 3 months
- Folate- 5mg orally as maintenance

HYPONATREMIA

- ⦿ Non specific symptoms
- ⦿ Generalised malaise
- ⦿ Nausea , vomiting
- ⦿ Reduced appetite
- ⦿ Drowsiness

HYPONATREMIA- ASSESSMENT

- Hypervolemic- CCF, nephrotic syndrome
- Euvolemic- SIADH- urine osm > serum osm
- Hypovolemic- Dehydration, GE, Drugs



Ectomorph



Mesomorph



Endomorph

HYPONATREMIA- TREATMENT

- ⦿ Dictum- NEVER increase sodium more than 8-10 units / 24 hours
- ⦿ Hypertonic saline
- ⦿ Salt replacement in diet
- ⦿ Fluid restriction
- ⦿ Aquaporin blockers

ALBUMIN

- ◉ Diagnostic and prognostic
- ◉ Sepsis
- ◉ Chronic debilitating conditions
- ◉ Post operative recovery
- ◉ Disease prognosis

ALBUMIN

- ⦿ NEVER treat low Albumin with Albumin!
- ⦿ Oncotic pressure
- ⦿ Ideal to replace with amino acids

VITAMIN D

- ◉ Nutritional
- ◉ Skin turgor
- ◉ Indoor confinement

VITAMIN D DEFICIENCY

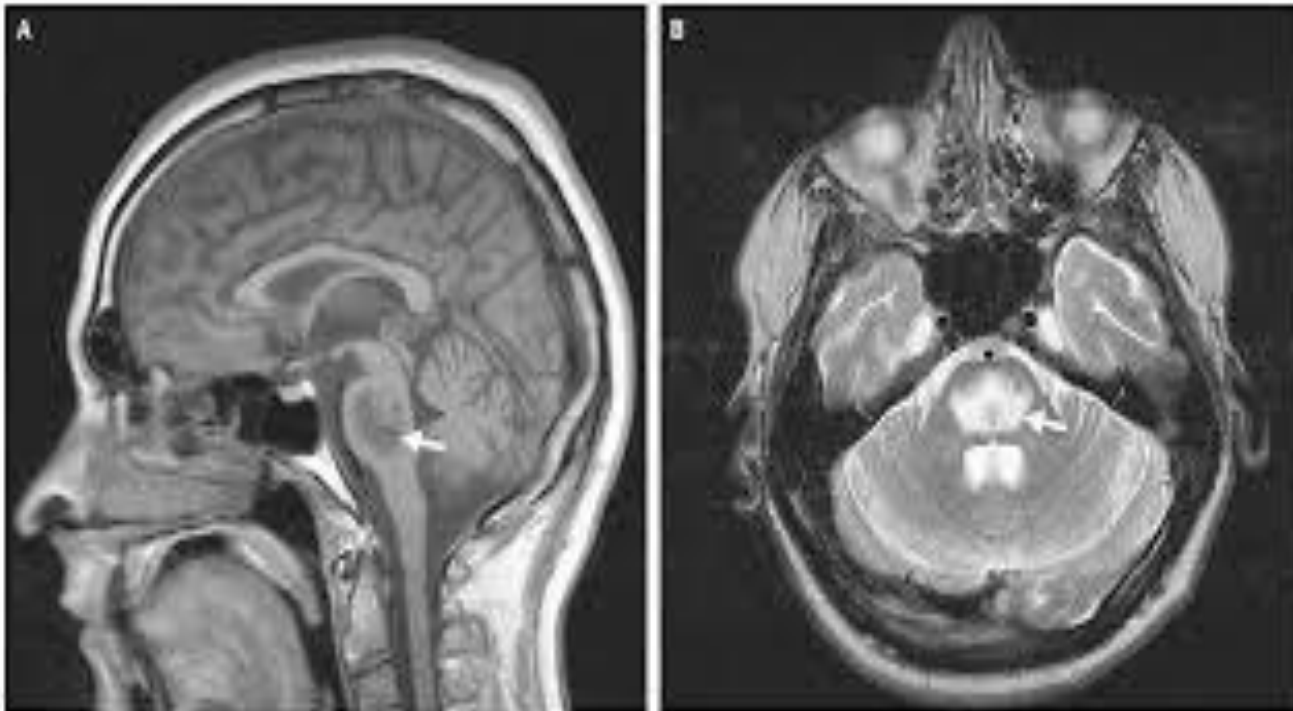
- Osteomalacia
- Osteoporosis
- ? Renal and cardiac functioning

VITAMIN D

- ◉ Intramuscular 6,00,000 units X 4
- ◉ Maintenance as oral for 6 months

TREATMENT OF NUTRITION DEFICIENCY

- Sodium correction and the risk of Central Pontine Myelinolysis



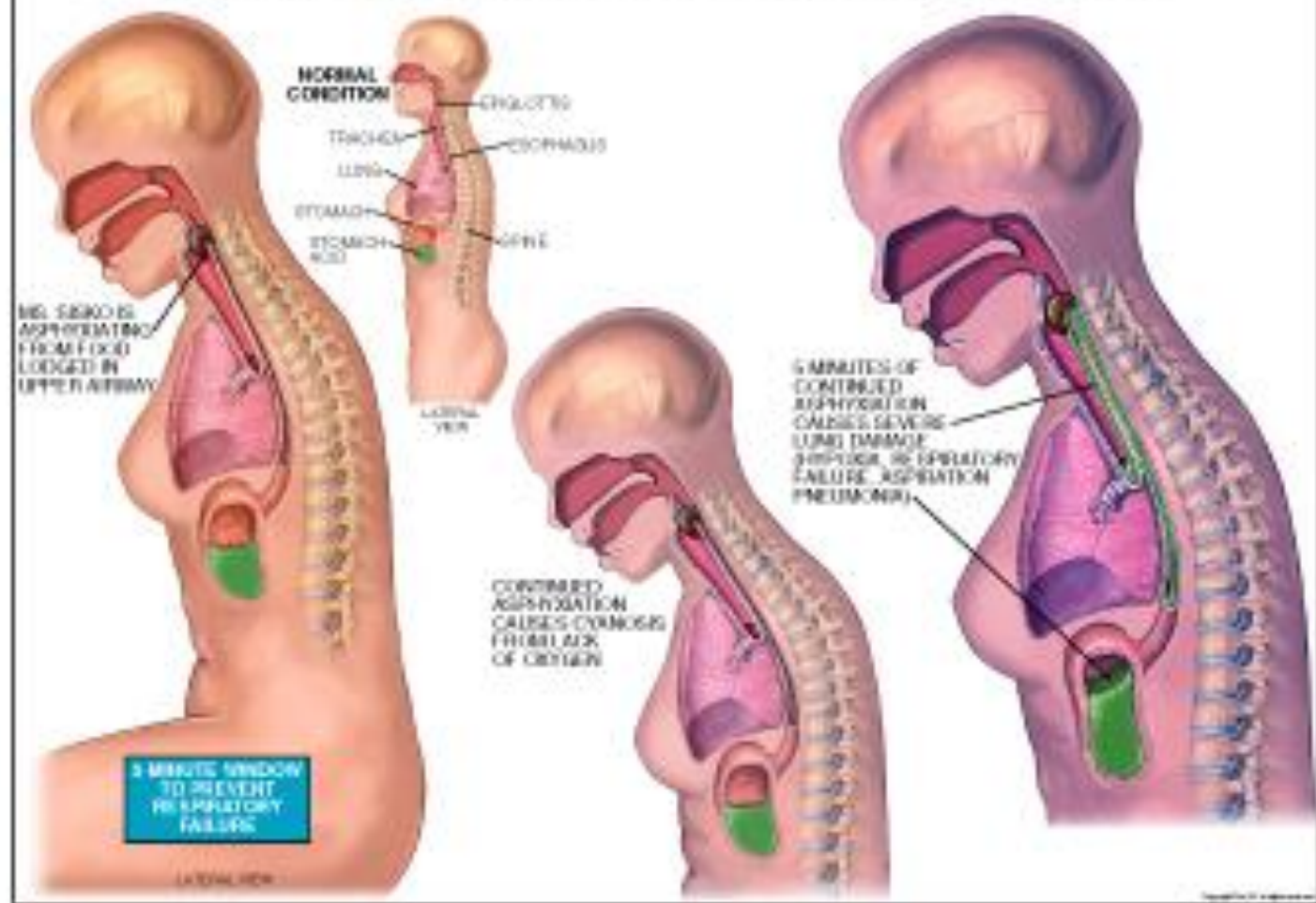
TREATMENT OF DEFICIENCY



TREATMENT OF DEFICIENCY

- Aspiration
- Dictum - do not feed the patient orally if GCS <15

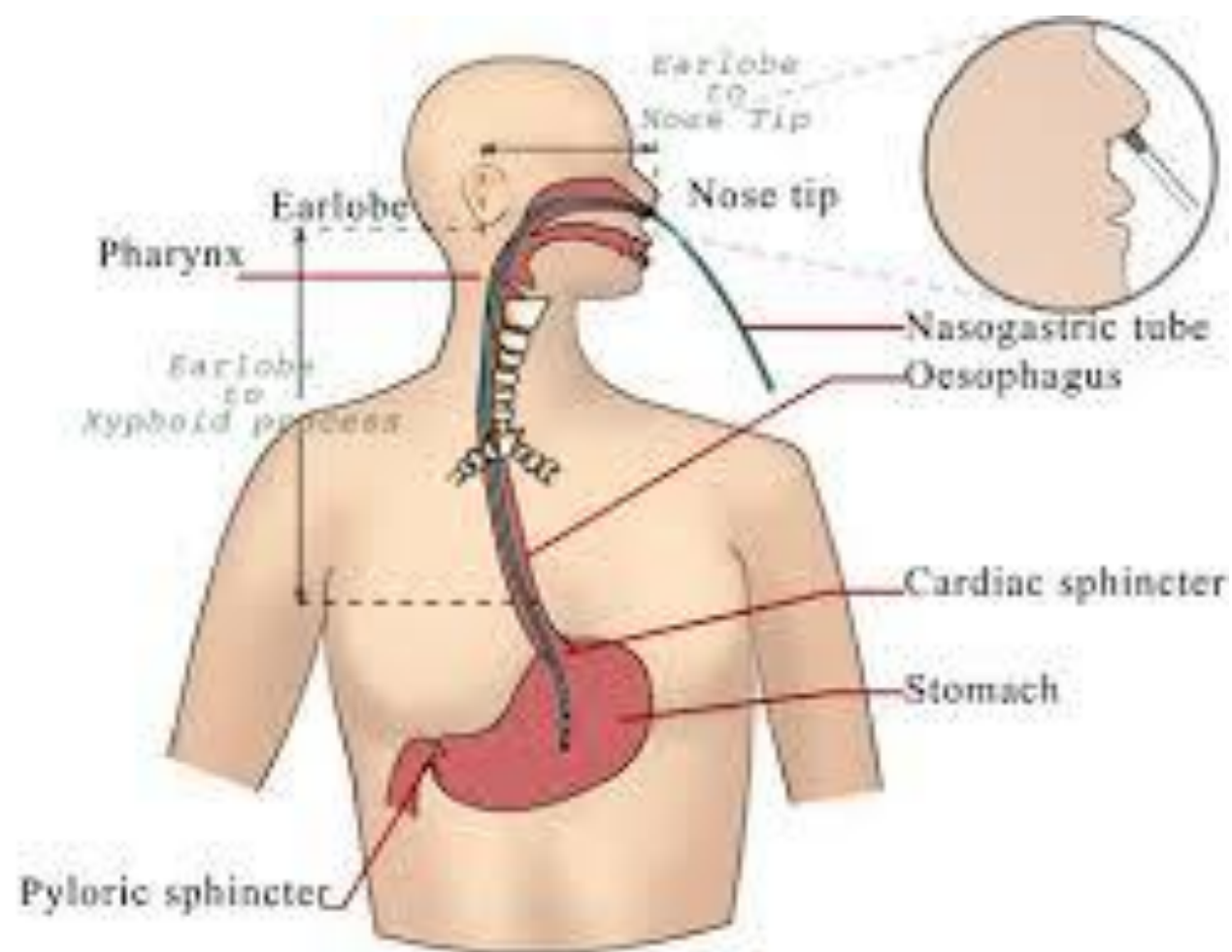
AIRWAY OBSTRUCTION WITH SUBSEQUENT ASPIRATION INTO LUNGS



- ◉ Oral - High

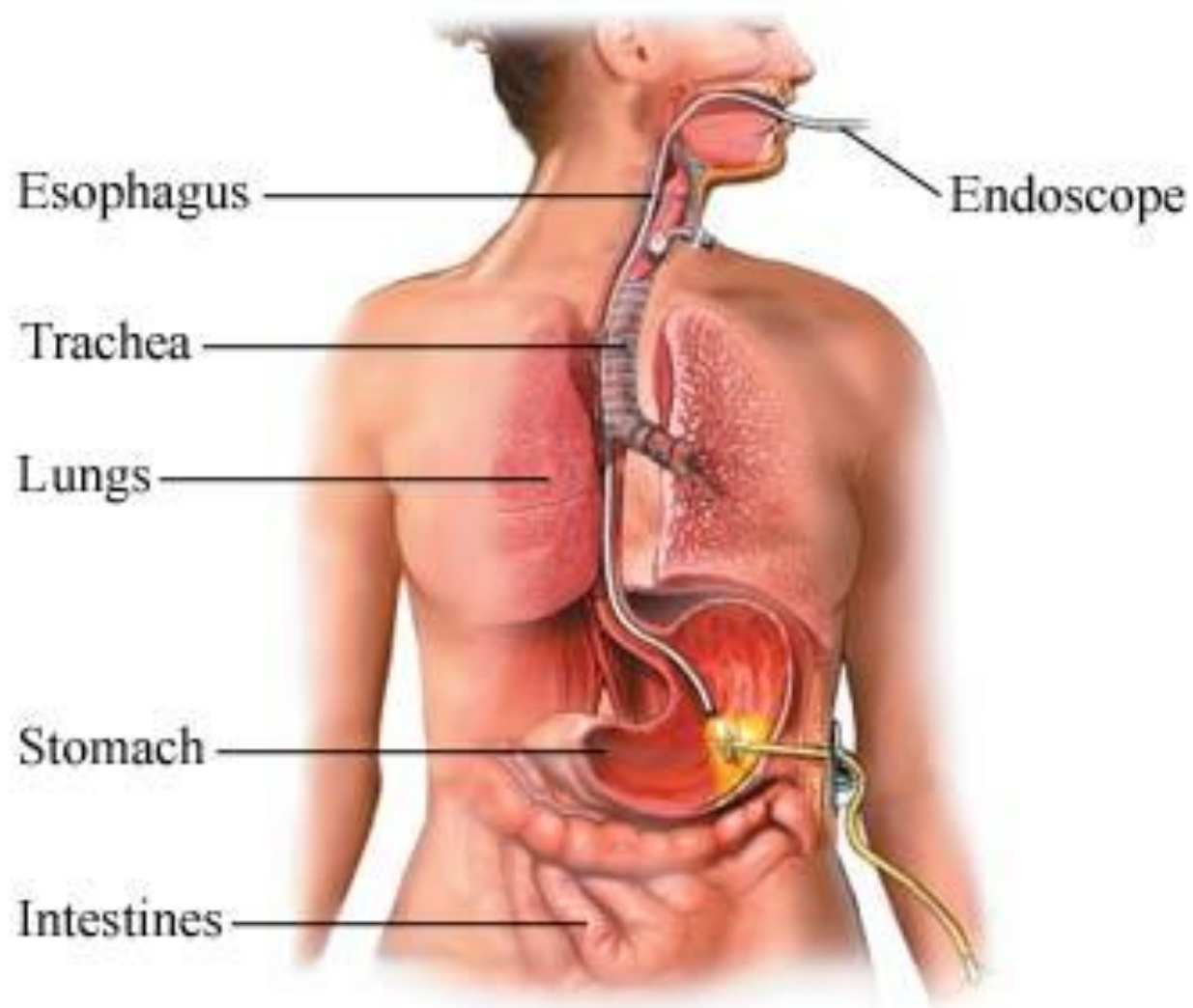
- ◉ RT - Moderate

- ◉ PEG - Low



RT

- ⦿ Medium term- 6-8 weeks
- ⦿ Recovery
- ⦿ 75- 100ml/hour , every alternate hour
- ⦿ No feeds between 2200 and 0600
- ⦿ To be fed whilst erect at 90 degrees



PEG

- ⦿ Long term
- ⦿ Advanced dementia, stroke,
- ⦿ 100- 125mls/hour
- ⦿ Again, no feeds between 2200 and 0600
- ⦿ Position may be slightly reclined- 70-80 degrees

COMING BACK-

- ◉ Does treatment of nutrition deficiency
 - save lives
 - claim lives

THANK YOU

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