

ESPEN guideline on clinical nutrition and hydration in geriatrics

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Standards and Guidelines

Primary Care

Small Intestine & Nutrition

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ESPEN guideline provides 82 evidence-based recommendations for nutritional care in older persons to prevent and treat malnutrition and dehydration.

KEY POINTS

- All older persons shall routinely be screened for malnutrition to identify existing risk early.
- Oral nutrition can be supported by nursing interventions, education, nutritional counseling, food modification and oral nutritional supplements, with enteral or parenteral nutrition initiated when oral or enteral routes are insufficient or impossible and prognosis is favorable.
- Weight-reducing diets shall only be considered in obese older persons with weight-related health problems and must be combined with physical exercise, while dietary restrictions should generally be avoided.
- All older persons should be considered at risk of low-intake dehydration and encouraged to consume adequate amounts of drinks.
- Interventions shall be individualized, comprehensive and part of a multimodal and multidisciplinary team approach to maintain or improve nutritional status, clinical course and quality of life.

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