

# ESPEN 2016 Abstract Submission

**Topic:** *Nutrition and chronic diseases*

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## **DIETARY RESILIENCE IN COPD PATIENTS AT THE START OF A PULMONARY REHABILITATION PROGRAM**

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**If you think another topic than the one selected at first would suit your abstract, please choose below.:** Qualitative design studies

**Presentation Method:** Oral or Poster presentation

**Please indicate your professional occupation:** Dietitian

**The presenting author fulfills the above conditions and wants to apply for a travel award:** No

**Rationale:** Patients with chronic obstructive pulmonary disease (COPD) often face challenges to realize a healthy diet, which may lead to malnutrition. It is unclear if patients develop strategies to overcome these challenges, i.e. show dietary resilience. We aimed to explore to which extent COPD patients develop strategies for challenges in shopping, preparing and eating food, and to identify key themes of dietary resilience in this population.

**Methods:** COPD patients with 2 or more risk factors for nutritional vulnerability (nutrition-impact symptoms or living alone) were interviewed at the start of a rehabilitation program. A semi-structured topic list which was iterative in nature, was used to describe challenges encountered and strategies used to achieve a healthy diet, defined as  $\geq 80\%$  of Recommended Daily Amounts for all food groups (24 h recall). Data were analyzed through thematic descriptive analysis using Atlas.Ti GmbH, focusing on the experiences of the individual patient.

**Results:** Data saturation was reached after interviewing 13 patients, of which two achieved a healthy diet. Examples of strategies identified to overcome challenges were: use of special mobility tools, getting help from others, air-refreshing measures, spreading of mealtimes with smaller portions, and self-discipline. Deducted key themes were: 'Staying independent', 'Getting support from loved ones' and 'Wanting to be as healthy as possible'. Four patients indicated no specific interest in or not to be fully aware of the significance of their diet.

**Conclusion:** The key themes show that motivation for the development of strategies can derive from either wanting to do anything that helps to stay as healthy as possible, the need to be independent, or from being stimulated by family to eat well. COPD patients develop a wide range of strategies, i.e. show dietary resilience, although most of the patients in our study do not achieve a healthy diet.

**Disclosure of Interest:** None Declared

**Keywords:** Healthy Diet, Resilience