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IMPROVING PROTEIN INTAKE OF HOSPITALIZED OLDER PATIENTS WITH PROTEIN-ENRICHED FAMILIAR FOODS AND DRINKS: THE RANDOMIZED CONTROLLED CATER WITH CARE® TRIAL.

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Presentation Method: Oral or Poster presentation

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The presenting author fulfills the above conditions and wants to apply for a travel award: Yes

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Rationale: Adequate protein intake is important in preventing and treating undernutrition. Hospitalized older patients are recommended to consume 1.2-1.5 g of protein per kg body weight per day (g/kg/d) but most of them fail to do so. Therefore, we investigated whether a range of newly developed protein-enriched familiar foods and drinks were effective in increasing protein intake of hospitalized older patients.

Methods: This randomized controlled trial involved 147 patients of ≥ 65 years (mean age: 78.5 ± 7.4 years). The control group (n=80) received the standard energy and protein rich hospital menu. The intervention group (n=67) received the same menu with various protein-enriched intervention products replacing regular products. Macronutrient intake was compared between the two groups by using Independent T-tests and Mann Whitney U-tests.

Results: In the intervention group 30% of total protein was provided by the intervention products. The intervention group consumed 105.7 ± 34.2 g protein compared to 88.2 ± 24.4 g in the control group ($p < 0.01$); corresponding with 1.5 vs 1.2 g/kg/d ($p < 0.01$). More patients in the intervention group than in the control group reached a protein intake of 1.2 g/kg/d (79.1% vs 47.5%). Protein intake was significantly higher in the intervention group at breakfast, during the morning between breakfast and lunch, and at dinner.

Conclusion: This study shows that providing protein-enriched familiar foods and drinks, as replacement of regular products or as additions to the hospital menu, enables hospitalized older patients to better reach protein intake recommendations.

Disclosure of Interest: None Declared

Keywords: older adults, protein-enriched foods