

NUTRIPRO



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Screening programme of the nutritional status of older people using ICT as support for routine screening and providing guidelines for nutritional interventions

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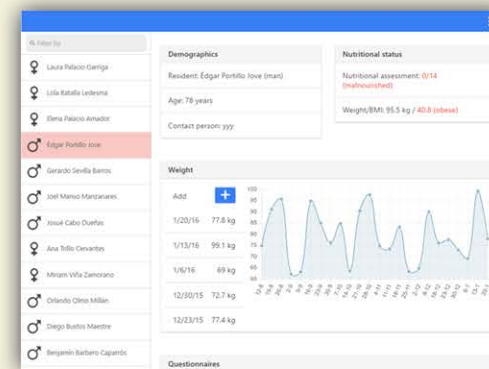
Malnutrition is defined as an imbalance of nutrients caused by either an excess intake of nutrients or a nutritional deficit. Malnutrition is becoming increasingly more common among the elderly population; in fact, malnutrition is one of the major geriatric syndromes and frailty factor. It is not only a sign of disease, but also their presence increases the morbidity, hospital stay, institutionalization and mortality due to concomitant diseases. Up to 2/3 parts of malnutrition cases are due to reversible causes. Nutritional intervention is crucial associated etiological treatment to reverse the malnutrition situation in some diseases.

In this scenario, health professionals are required to realize the importance of periodic and proper assessments of the nutritional status of the elderly, and to prevent a malnutrition state using simple, easy-to-use, fast, economic, standardized and sensitive tools to detect all or almost all patients at risk.

NUTRIPRO: project funded by European commission with the aim of use a cohort study to examine MNA® (*Mini Nutritional Assessment*) such a tool to screening malnutrition in the general elderly population in Geroresidencias scenario as a perfect environment to spread the implementation and support routine of standardized screening tools of older patients.

For this purpose, it will be developed both:

1 NutriPro App: keeping in mind simplicity, easiness of use and multiplatform access, it has been developed an application based on MNA® test. NutriPro App can be compiled to native applications targeted for iOS, Android, Windows and via web.



2 Nutritional Guidelines: nutrition recommendations comprise an important and effective aspects of preventing and treating a variety of morbid conditions in elderly patients, for these reasons have been designed nutritional guidelines to be introduced in the intervene elderly centres.

3 Cohort Study: in close collaboration with Geroresidencias Group, data are being collected in order to evaluate impact of the developed tools in routine screening of nutrition status and in residents' quality of life.

