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Identification of malnutrition in the elderly stroke patients in Turkey

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Aim: The aim of this study was to assess situation of 65 years and older stroke patients malnutrition in the elderly, to compare MNA and SNAQ65+, and to determine their availabilities.

Materials & Methods: A determined and cross-sectional study was conducted with 130 persons with stroke in Neurology Department of a univesity hospital. The data were collected by a Questionnaire, Mini Nutritional Assessment (MNA) and Short Nutritional Assessment Questionnaire (SNAQ65+). Chi-Square analysis was used in statistical analysis.

Results: The mean age of persons participated in the research were 74.21±6.04 (Min:65 Max: 88) years, the majority of them were male. According to MNA, 16.9% of them, and according to SNAQ65+ 18.5% of them had malnutrition. According to both tests, it was determined that malnutrition rates were higher in patients with primary school degree. It was found that there was significant correlation between SNAQ65+ and MNA (p=0.000). Compared to MNA, it was determined that the sensitivity of the SNAQ65+ was 68.9%, and its specificity was 96%.

Conclusions: According to SNAQ65+, it was determined that 24 patients (18.4%) were malnourished; according to MNA, 29 (22.3%) patients had malnutrition/risk under, 9 patients identified as well fed by the SNAQ65+ scale. The use of the MNA scale is recommended as gold standard in the screening of malnutrition in the elderly population, also the use of SNAQ65+ scale is suggested that it could be used to screen malnutrition in elderly stroke patients to our results.

Biography

Sakine Boyraz is working as a Professor at Adnan Menderes University Aydin School of Health, Division of Nursing. She completed her PhD at Istanbul University Health Science Institutes on Medical Nursing. She worked at Istanbul University Florence Nightingale Faculty of Nursing as Lecturer and Nurse up to 2002. She is an Assistant School Director. She has published 10 international papers and 23 national papers in reputed journals, authored 20 of the book sections, and has been serving as reviewer for some international and national journals.

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