

ABSTRACT

Adult hood is the final growth phase of a normal life cycle. Hospitalized elderly patients are at high risk of malnutrition due to low appetite and disease condition. This study was done to evaluate the nutritional status and nutritional intake of hospitalized elderly patients of 60-70 years old in Anuradhapura general hospital.

Interview schedule, and three-day twenty-four-hours dietary recall were used to obtain the information related to the nutritional status and nutritional intake of the patients and height and weight were obtained to assess nutritional status. The result showed that mean BMI for the hospitalized elderly patients were 18.5 and 19.8 for males and females respectively. About 60% of the elderly patients of the study showed BMI less than 20. About 30% of the elderly patients showed BMI in between 20-25, and 6.7% of the elderly patients showed BMI in between 25-30. Out of whole group 3.3% of the elderly patients showed BMI higher than 30.

Only 30% patients were found in appropriate weight for height. The majority of the population had taken less than the recommended intake of energy, calcium, iron, vitamin C and vitamin D (66.7%, 93.3%, 60%, 96.7% and 93.3% respectively). All the subjects in the study had lower intake of retinal, and Vitamin E than the recommended value.

Above condition is mainly due to insufficient intake of energy and micronutrients through the diet. It is suggested to help or encourage the feeding of the elderly patients in the ward and allowing them to get a more mental and physical relaxation.

Key words: Nutritional status, Elderly patients, Body Mass Index (BMI)