

To Improve health and emotion of the seniors through the nutritional empowerment in daycare center

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Objective

Nutritional problem in the elderly is an important geriatric health category that should never be ignored, especially its criticality in long-term care system. To achieve the goal of holistic health care, this program tries to improve elderly nutrition and health situation. It is hoped that the holistic care of “empowerment” can be effectively promoted so as to provide new development citation references for multifunctional community-based care model under the long-term care service system in the future!

Method

The subjects of this study aim at 15 elders who had been served by the day care center, during the period of which interventions were carried out in the following three manners:

- Daily lunch and congregate meals served
- Nutrition and health education three times per months
- Revision and review of lunch cycle menu

After 6 months of intervention, MNA (Mini Nutritional Assessment), GDS (Geriatric Depression Scale) and satisfaction survey were conducted and collected from the elders..

Results

From March 2020 to September 2020, the score of MNA (Mini Nutritional Assessment) of the 15 elders served by day care center at our hospital increased significantly from an average of 19 to 23.2 ($P < 0.05$), with the score of GDS (Geriatric Depression Scale) dropped significantly from an average of 5.2 to 3.53 ($P < 0.05$). As for the result of satisfaction survey, the overall satisfaction point average had reached 5 points (very satisfied).

| | MNA | GDS |
|---------|------------|------------|
| Before | 19 | 5.2 |
| After | 23.2 | 3.53 |
| P value | $P < 0.05$ | $P < 0.05$ |

Conclusion

According to the finding of this study, in addition to improving nutritional status, it is also possible to encourage mutual support of older adults at long-term care institution and enhance internal cohesion and sense of belonging within the institution to practice the continuity of health care and build personalized care service plan for meeting the needs of elderly care and implementing the policy objective of holistic care through enabling companionship and comprehensive nutrition intervention.

【Relevance to HPH】

To improve health and emotion of the seniors through the nutritional intervention. Create supportive environments, strengthen community actions, develop personal skills

Keyword: comprehensive nutrition intervention, empowerment, holistic care

