

INTERRELATION OF PSYCHO-COGNITIVE FACTORS WITH THE NUTRITIONAL STATUS OF THE ELDERLY

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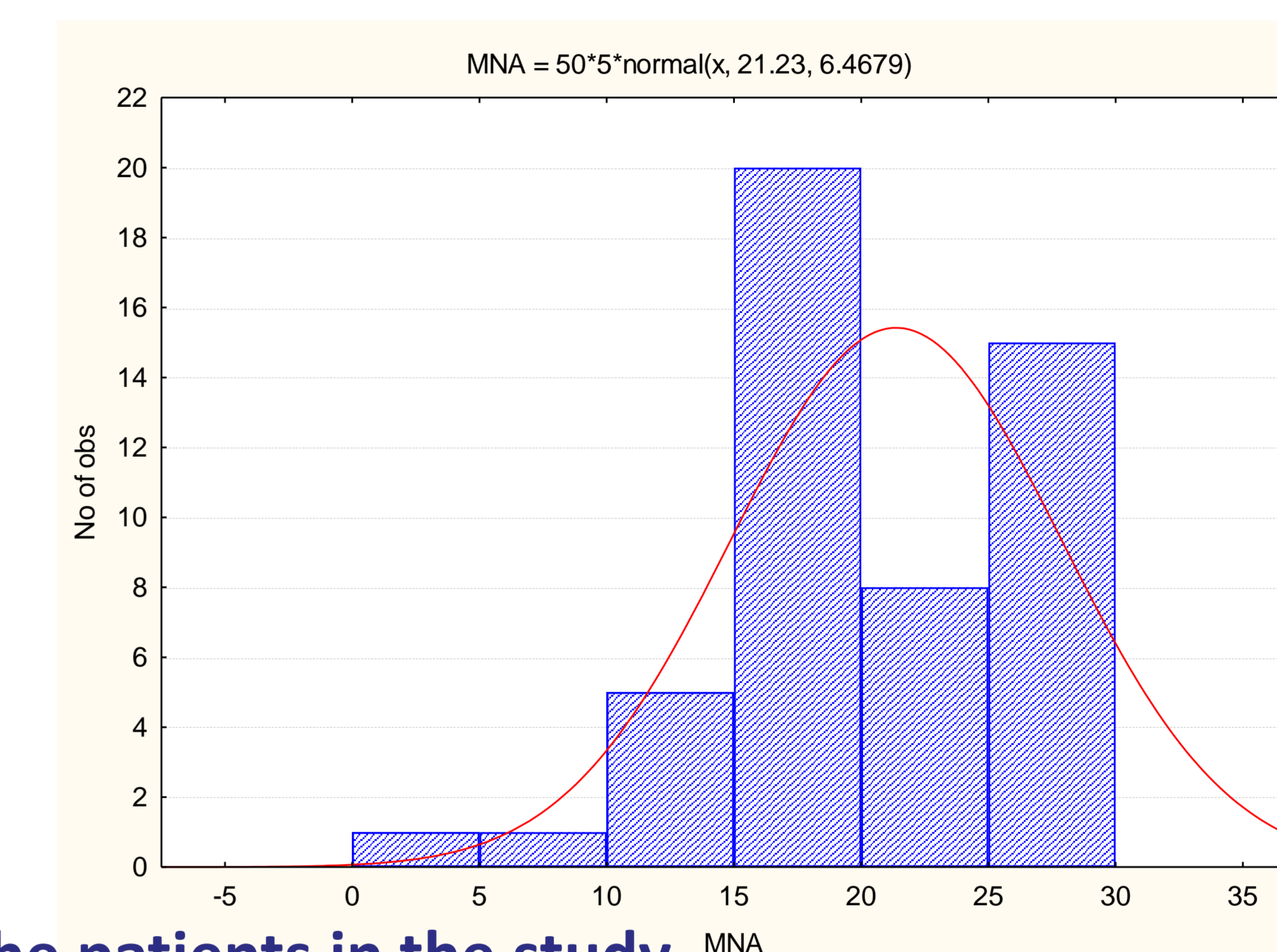
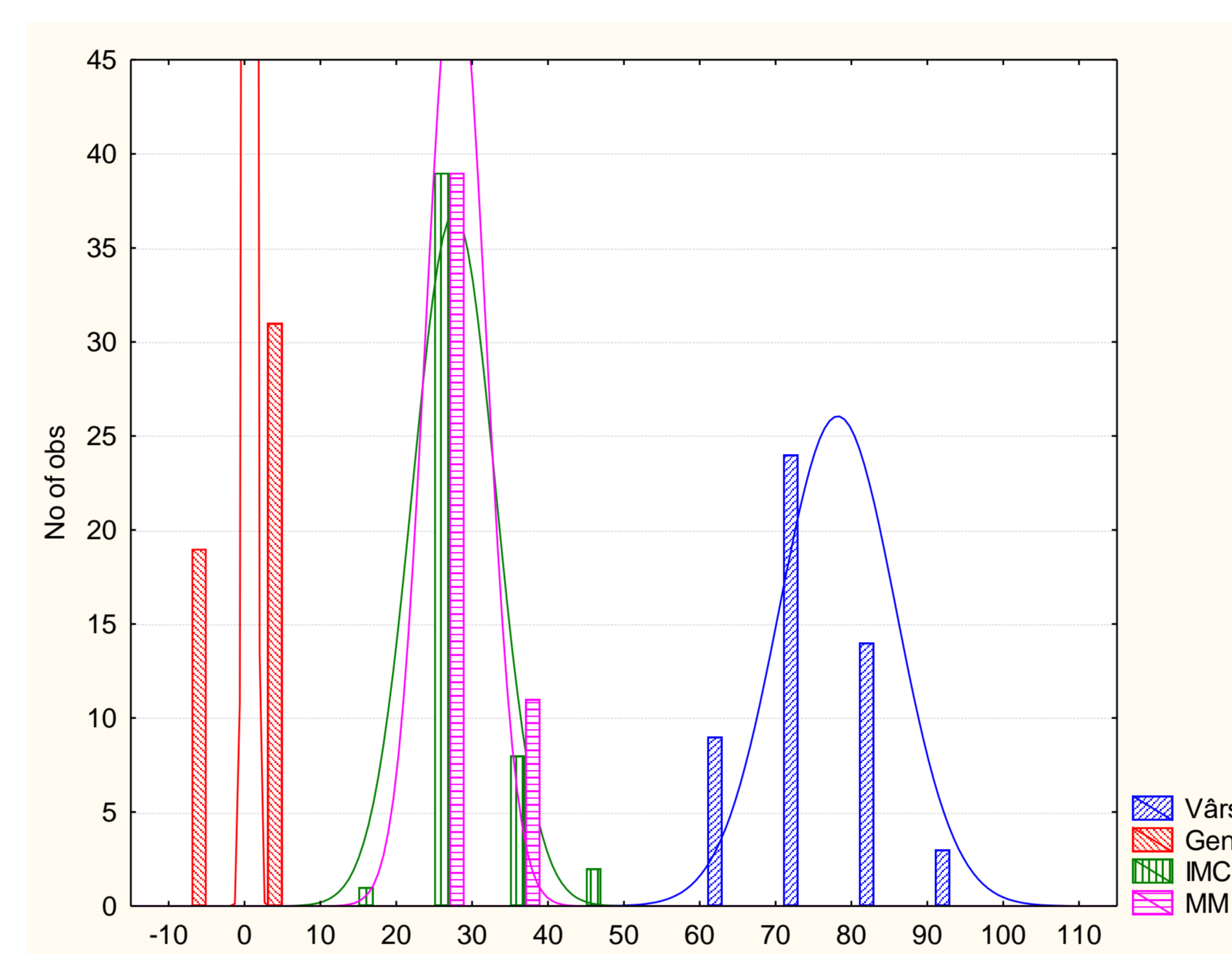
Results

Introduction. Nutrition is an important determinant of health, physical and cognitive function, vitality, quality of life and longevity. Cognitive fragility is a new concept introduced in geriatrics and is a general term for the cognitive deficit present in the elderly.

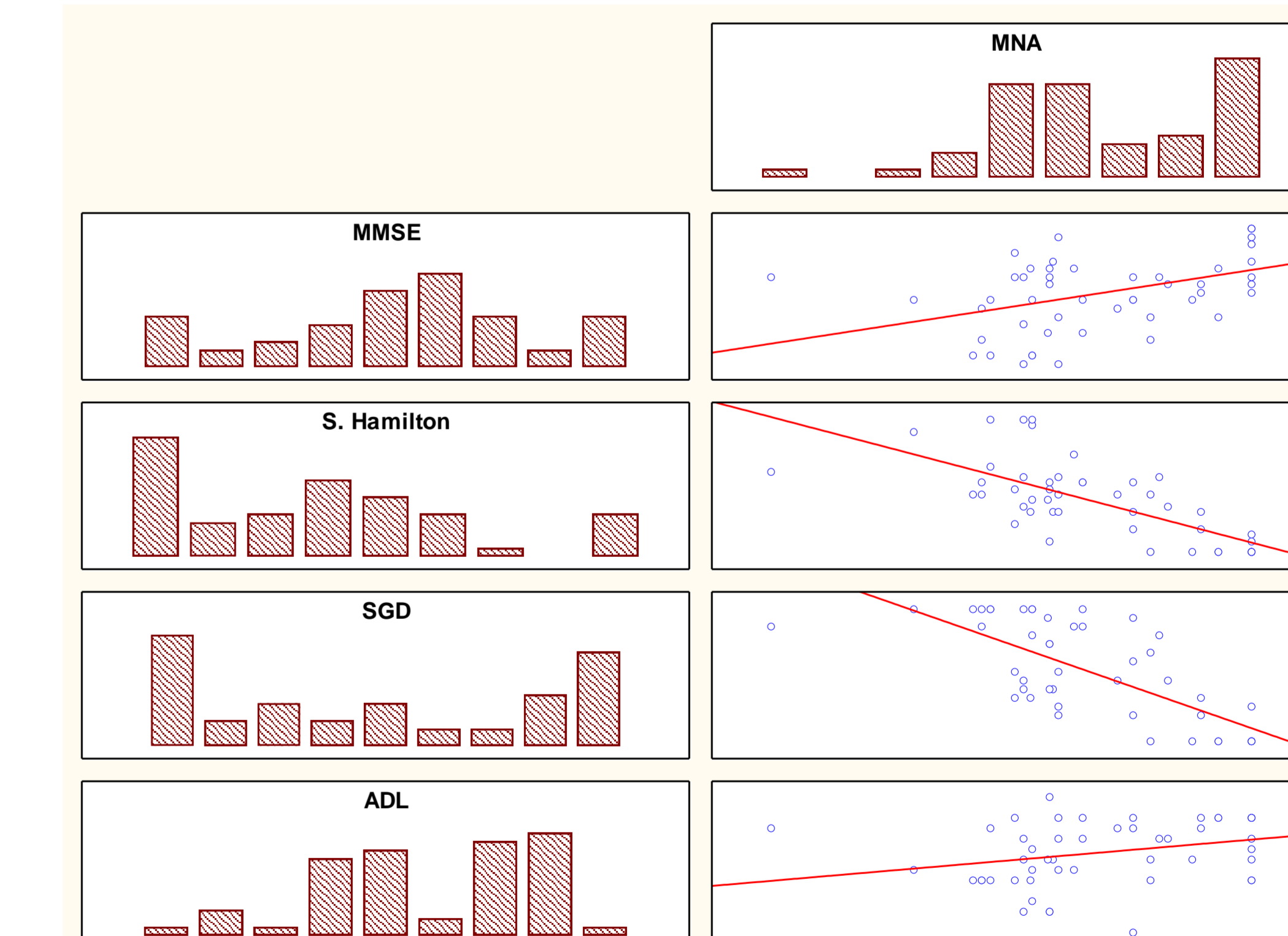
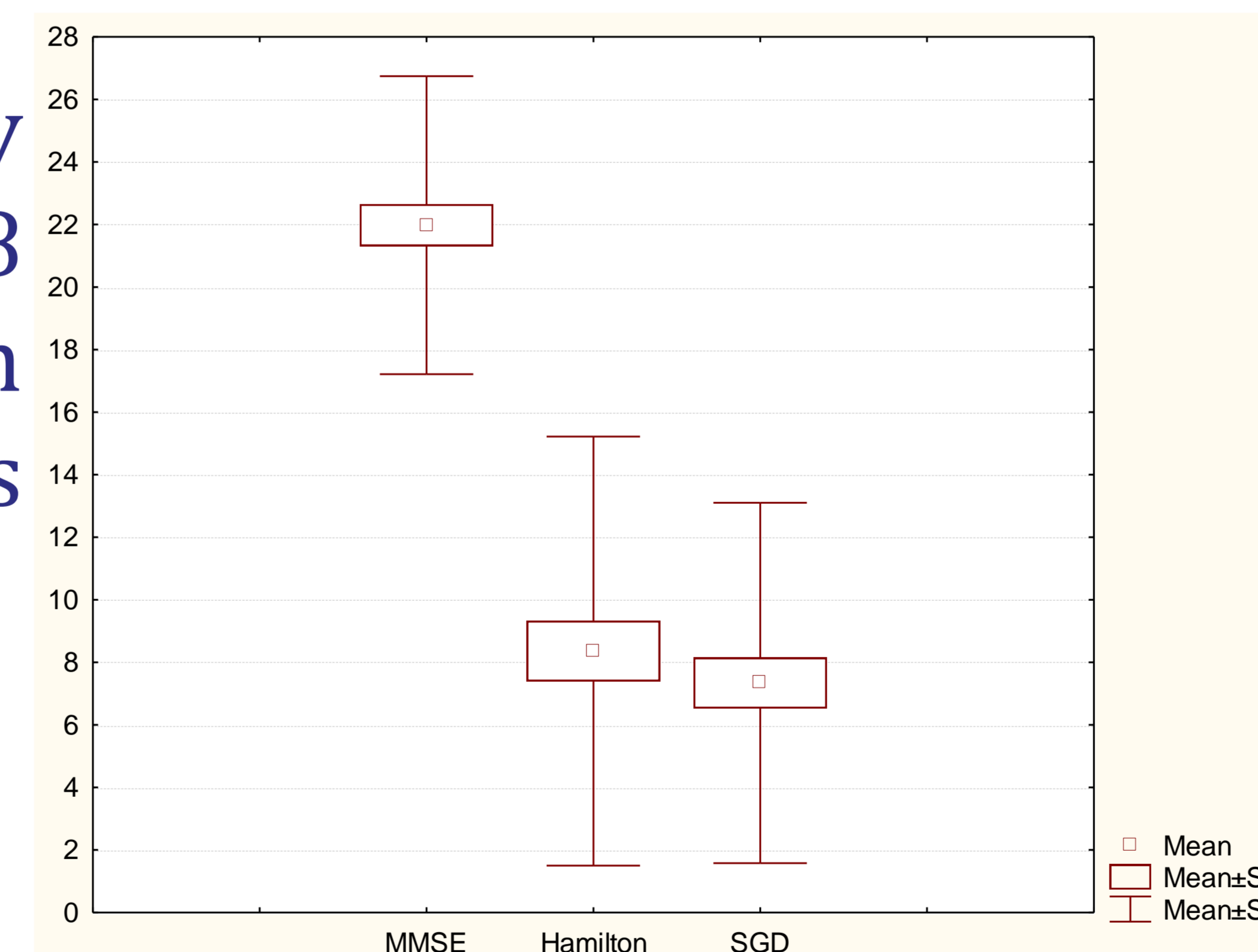
The purpose was to determine correlations of psycho-cognitive functions with malnutrition in the elderly.

Material and methods: The observational study included 50 institutionalized patients (77.72 ± 1.08 years). Questionnaires were used to collect data on cognitive function tools (MMSE), emotional status (Hamilton Scale) and nutritional status (MNA).

Keyword: spsycho-emotional status, elderly, malnutrition.



General data of the patients in the study.



Graphic presentation of the average values and correlations of scores MNA, MMSE, Hamilton, GDS.

Conclusions: The results of this study revealed a high frequency of psycho-cognitive disorders in institutionalized elderly, 54% and 58% of cases, respectively. The presence of psycho-cognitive disorders correlated with malnutrition syndrome and it demonstrated the impact of these geriatric syndromes on the autonomy of institutionalized elderly people.