FEASIBILITY OF THE PATIENT-GENERATED SUBJECTIVE GLOBAL ASSESSMENT (PG-SGA) IN LONG-STAY NURSING HOME RESIDENTS

Joao Pinho, Faith D. Ottery, Isabel Santoalha, Paula Pinto, Catarina Leite, Carla Gondar, Antónia Vigário, Harriët Jager-Wittenaar

1 Nutrition Services, Centro Hospitalar Médio Ave, EPE, V.N. Famalicão, Portugal, 2 Ottery & Associates, Vernon Hills (Chicago), United States, 3 Research Group Healthy Ageing, Allied Health Care and Nursing, Hanze University of Applied Sciences, Groningen, Netherlands, 4 Nutrition Services, Centro Hospitalar Médio Ave, EPE, Sto. Tirso, 5 Faculty of Nutrition and Food Science, University of Porto, Porto, 6 Nutrition Science, University Institute of Health Sciences, Paredes, 7 Nutrition and Food Services, Irmandade e Santa Casa da Misericórdia de Santo Tirso, Sto. Tirso, Portugal, 8 Oral and Maxillofacial Surgery, University of Groningen, University Medical Center Groningen, Groningen, Netherlands

Presentation Method: Oral or Poster presentation

Please indicate your professional occupation: Dietitian

The presenting author fulfills the above conditions and wants to apply for a travel award: No

Rationale: The PG-SGA is a validated instrument to assess malnutrition and its risk factors, of which the first four boxes are designed to be completed by the subjects and the worksheets by the professional. A score ≥9 indicates critical need for intervention. It is unknown if nursing home residents are able to independently complete the patient component of the PG-SGA. In this study, we aimed to assess feasibility of completing the PG-SGA in long-stay nursing home residents.

Methods: 175 elderly in 5 Portuguese nursing homes (long-stay) were asked to complete the patient component of the PG-SGA. If not feasible, required information was given by a carer/health care professional/researcher. Help needed with completion of the PG-SGA was recorded. Two researchers completed the professional component of the PG-SGA.

Results: Population was defined by age 82.8±9.43 years; female 74%; ≤4th grade education level 93%; moderate/severe cognitive impairment 91%. Data were complete in 110/175; weight data were not available in 65/175. Two (university education level) out of 175 of the subjects were able to complete the patient component of the PG-SGA independently. 173 needed help: 3 needed help with interpreting, 13 with reading/writing, 88 with reading/interpreting/writing. 69 were done solely by the nurse/researchers. 13/65 subjects without available weight data met the threshold of ≥9 points, indicating the lack of data did not impact triaging. The researchers completed the professional component of the PG-SGA in all 175 subjects.

Conclusion: The PG-SGA can be effectively applied in long-stay nursing home residents. For those with cognitive/educational issues unable to complete the patient component themselves or independently, the information can be completed by the carer/health care professional. Lack of weight data in this setting may underestimate total PG-SGA scores.


Keywords: Elderly, PG-SGA