

# ESPEN 2016 Abstract Submission

**Topic:** *Nutritional assessment*

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

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**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  $\geq 9$  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  $82.8 \pm 9.43$  years; female 74%;  $\leq 4$ th 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  $\geq 9$  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.

**Disclosure of Interest:** J. Pinho: None Declared, F. Ottery Other: copyright holder of the Patient-Generated Subjective Global Assessment (PG-SGA), co-owner and co-developer of the PG-SGA based Pt-Global app, I. Santoalha: None Declared, P. Pinto: None Declared, C. Leite: None Declared, C. Gondar: None Declared, A. Vigário: None Declared, H. Jager-Wittenaar Other: co-developer of the PG-SGA based Pt-Global app

**Keywords:** Elderly, PG-SGA