

Feasibility of PG-SGA in long-stay nursing home residents

João Pinho*¹, Faith D. Ottery^{2,3}, Isabel Santoalha^{4,5}, Paula Pinto^{1,6}, Catarina Leite^{5,7}, Mafalda Gonçalves⁷, Antónia Vigário⁴, Harriët Jager-Wittenaar^{3,8}

1. Nutrition Services, Centro Hospitalar Médio Ave, EPE, V.N. Famalicão, Portugal
2. Ottery & Associates, LLC, Vernon Hills (Chicago), United States of America
3. Research Group Healthy Ageing, Allied Health Care and Nursing, Hanze University of Applied Sciences, Groningen, The Netherlands
4. Nutrition Services, Centro Hospitalar Médio Ave, EPE, Sto. Tirso, Portugal
5. Faculty of Nutrition and Food Science, University of Porto, Porto, Portugal
6. Nutrition Science, University Institute of Health Sciences, Paredes, Portugal
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, The Netherlands

Aim

In this cross-sectional study, we assessed the feasibility of completing the Patient-Generated Subjective Global Assessment (PG-SGA) in long-stay nursing home residents.

Background

The Patient-Generated Subjective Global Assessment is an instrument to assess malnutrition and its risk factors.^{1,2}

The first four Boxes, also known as PG-SGA Short Form (SF), are designed to be completed by the patient, and the Worksheets by the professional.

Results

Data were complete in 110/175 subjects.

Data on weight were not available in 65/175 subjects.

2/175 subjects (university education level) were able to complete the patient component of the PG-SGA independently.

173/175 subjects needed help: 3 with interpreting, 13 with reading/writing, and 88 with reading/ interpreting/writing, and 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 successfully 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/healthcare professional. Lack of weight data in this setting may underestimate total PG-SGA scores.

Methods

- 175 elderly (aged 82.8 ± 9.43 years; 74.3% female; 93.1% ≤ 4 th grade education level; 91.1% moderate/severe cognitive impairment)
- 5 Portuguese nursing homes (long-stay)
- Subjects were asked to complete the patient-component of the Portuguese PG-SGA (15-003 v07.17.15, based on the original English PG-SGA ©FD Ottery, 2005, 2006, 2015) (Figure 1)
- If not feasible, required information was given by a caregiver(s)/family member(s)/ researcher
- Help needed was recorded
- Two researchers completed the professional component of the PG-SGA

Figure 1. Portuguese PG-SGA

References

1. Ottery FD. Definition of standardized nutritional assessment and interventional pathways in oncology. Nutrition 1996;12(1 Suppl):S15-9
2. www.pt-global.org