**WEIGHT LOSS EVALUATION**

In the Elderly

**Weight loss**
1) 5%/30 days or 10%/180 d. or
2) intake < 75% for > 3 d or
3) BMI < 18.5 or 4) Albumin < 3.2

**Depression?**
Yes → Treat
No → No

**Dehydration?**
Yes → Treat
No → No

**Anorectic?**
Yes → Speech Therapy
No → No

**Treat**
Yes → Yes
No → No

**Speech Therapy**
Yes → Yes
No → No

**Dysphagia?**
Yes → Yes
No → No

**Oral supplements**
(Ad. Lib favorite foods)
(Data Supplements)
Appetite stimulants

**Malabsorption?**
- Stool for fat, active substances
- Vitamin A level
- Carotene level

**Yes → Treat**

**DYSPEPSIA?**
Yes → MEALS ON WHEELS
No → None found

**Albumin < 3.0 g/l?**
Yes → Add aggressive nutritional support?
No → Parenteral or enteral nutrition

**Palliative Care**
Yes → MEALS-ON-WHEELS
No → None found

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**MEALS-ON-WHEELS**

**Emotional Problems**
- Depression
- Alcoholism
- Acid (stomach)
- Late life paranoia
- Swallowing problems
- Social isolation
- Oral problems (taste, teeth, olfactory)
- Urological problems
- Skin problems (wound, incontinence)
- Lung problems
- Gastrointestinal problems
- Constipation
- Cancer, etc.
- Low salt diet, other therapeutic unpalatable diets

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**Anorectic Medications**
- Amlopipine
- Fentanyl
- Nizatidine
- Spironolactone
- Amoxicillin
- Flucloxacillin
- NSAIDS
- Thalidomide
- Cimetidine
- Ranitidine
- Proton pump inhibitors
- Famotidine
- Omeprazole
- H2 blockers
- Atropine
- Metoclopramide
- Moclobemide
- Buspirone
- Antihistamines
- Melatonin
- Mirtazapine
- Venlafaxine
- Sertraline
- Paroxetine
- Fluoxetine
- Citalopram
- Melatonin
- Dextromethorphan
- Methylphenidate
- Theophylline
- Hydralazine
- Antidepressants
- Anti-inflammatory agents
- Immunosuppressants
- Antiepileptics
- Antipsychotics
- Anti-convulsants
- Psychotropic agents
- Antihypertensives
- Anticoagulants
- Anti-emetics
- Anti-nausea agents
- Anti-ulcer agents
- Antispasmodics
- Antihistamines
- Antipyretics
- Antiparkinson agents
- Anti-arrhythmics
- Anti-convulsants
- Anti-epileptics
- Anti-psychotics
- Antihypertensives
- Anticoagulants
- Antihistamines
- Antipyretics
- Antiparkinson agents
- Anti-arrhythmics
- Anti-epileptics
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- Antihypertensives
- Anticoagulants
- Antihistamines
- Antipyretics

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**Nutritional Maintenance Requirements**

- **“1-30-30” Rule**
  - Protein: maintaining 1.0 gm/kg/day
to prevent muscle catabolism or catabolic illness.
- **Caloric:** resting: 30 kcal/kg (ideal body weight)/day,
  exercise: 3.5 with activity and illness.
- **Water:** resting (maintenance): 30 ml/kg/day.

**Oral supplementation**
- Additional abnormalities
  - anorexia
  - polyphagia
  - hypermetabolism
  - increase activity
  - malignancy

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*Non FDA approved

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For more explanation visit GERI Pearls evv 12-10-10

Resphans, Morely JE, Thomas DR. *JAMA*. May, 205, volume 9, No. 4, pages 285-210