

# Nursing Interventions to Promote Healthy Nutrition in Elderly

Author: Leyre Sarriguren Sáez  
Tutor: Nuria Esandi Larramendi



Universidad  
de Navarra

FACULTAD DE  
ENFERMERÍA

## INTRODUCTION

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- Nutrition plays a crucial role in the well-being of older adults<sup>1</sup>
- Aging population is increasing, therefore there is a demand for healthy nutrition<sup>2</sup>
- Malnutrition is predicted to reach 29.1% by 2080<sup>3</sup>
- Health promotion is essential to correct eating habits and serve educators as a guide<sup>4</sup>



## OBJECTIVE

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- Identify nutritional interventions to encourage healthy eating among older adults

## METHODOLOGY

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- PIS type research question: What nursing interventions exist to promote healthy nutrition in elderly?
- Elderly AND healthy nutrition AND nursing interventions AND independent living
- Mesh Terms: age, aged 80 and over, frail elderly, diet & healthy, nursing care, health promotion and independent living
- Limits:



10 years

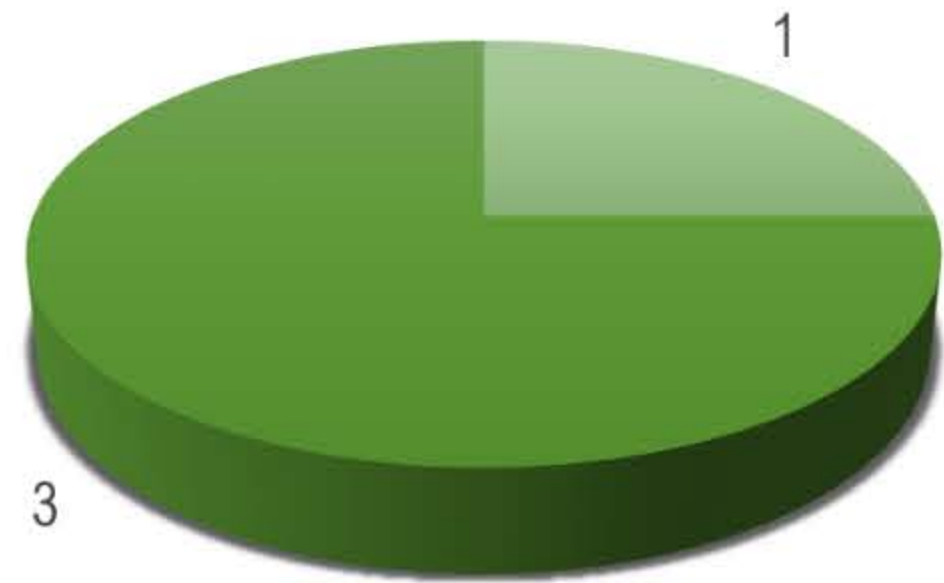
Studies identified: 30

Studies excluded: 23

Total studies: 7

## RESULTS

4



- Assessment before knowing nutritional status:
  - Scales (physical, cognitive, nutrition)<sup>5-8</sup>
- Interventions after knowing nutritional status:
  - App<sup>5</sup>
  - Volunteers<sup>8</sup>
  - Dietary educational interventions<sup>2,6,7,9-11</sup>



Nutritional educational interventions
Nutritional lectures
Active learning program
Cooking classes



Positive effects

→ Increasing fruit & vegetables and dietary variety



Improve nutrition and well-being

## CONCLUSION

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### Implications for practice

- Nurses require further education in order to become more qualified and confident in this field
- Health professionals should prioritize nutritional interventions to prevent malnutrition

