

A09 Knowledge, attitude and practices on malnutrition among caregivers of the post discharge older adults in Klang Valley

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Population aging is a global social phenomenon. Older adults with many-sided care are vulnerable to nutritional risk often need transition care. Transition care involves handover of patient information, communication between health care professionals and the caregiver as well as transfer responsibility. The development of transition malnutrition care programs is still not clearly established in Malaysia. Therefore, this cross-sectional study aimed to determine the knowledge, attitude and practices on malnutrition among caregivers of the post-discharge older adults in Klang Valley. A total of 55 caregivers with a mean age of 34.78±13.46 years old participated in this study. A self-administered questionnaire was used to obtain information on the socio-demographic background of both caregivers and older adults, the knowledge, attitude and practices on geriatric malnutrition prevention and management. The mean duration of caregiving of caregivers was 2.76±1.36 years. The mean age of the older adults was 71.45±10.17 and the majority of the older adults ($n=39$, 70.9%) had more than 1 complication upon admission to the hospital in the past 1 year. The majority of the caregivers (56.4%) had moderate knowledge on geriatric malnutrition prevention and management, a moderately positive attitude toward transition care (3.42±0.99), and relatively low practices (29.33±9.38 from a scale of 63). This study highlights that caregivers have lack adequate knowledge on less evident aspects of malnutrition such as the nutrient requirement and actions to prevent and improve malnutrition and thus were not sufficient to promote good practices in caregiving. The transition malnutrition care guideline is needed to provide information on the roles and responsibilities of each entity within the Transition Care Programme. Future studies are suggested to focus on cause and effect on transition malnutrition care as well as the readiness and expectation of caregivers on transition malnutrition care education.