

# Knowledge, Attitude and Practices on Malnutrition Among Caregivers of The Post Discharge Older Adults in Klang Valley

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## INTRODUCTION

- **Malaysia** is on the way to becoming an **ageing society** by 2030 when is projected that 15% of population will be 60 years old and above.
- **3 in 10 older adults** in Malaysia had **malnutrition or at risk of malnutrition**.
- 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 **transition care in Malaysia still not clear establish**.

## OBJECTIVE

To study the knowledge, attitude and practices on malnutrition care of post discharge older adults among caregivers in Klang Valley.

## METHODOLOGY

- Study Design: Cross sectional
- Study Location: Klang Valley
- Ethics Approval: Ethics Committee for Research Involving Human Subjects UPM (JKEUPM)



55 caregivers

completed the survey

### Self-administered Questionnaire

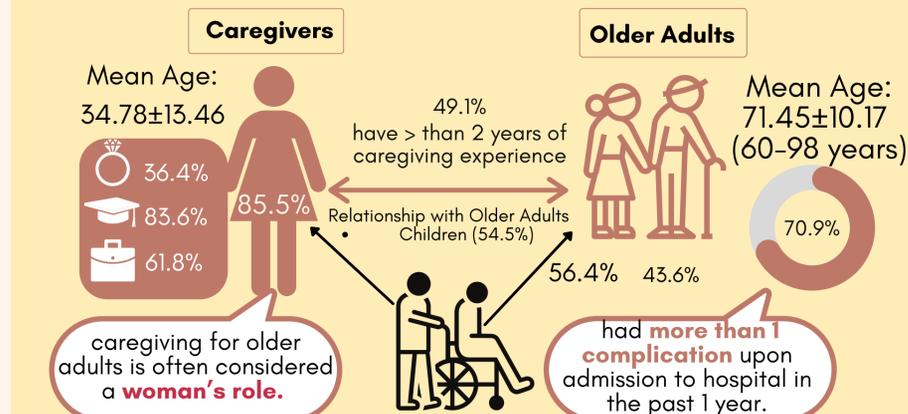
- Knowledge of Malnutrition-Geriatric (KoM-G) Questionnaire<sup>3</sup>
- Modified Family Caregiver Activation in Transitions (FCAT) tool<sup>4</sup>
- Modified Nutritional Care Behaviors Of The Caregiver's Tool<sup>5</sup>

### Data analysis

- IBM SPSS Statistic 25
- Descriptive statistic: Mean, frequency, percentage

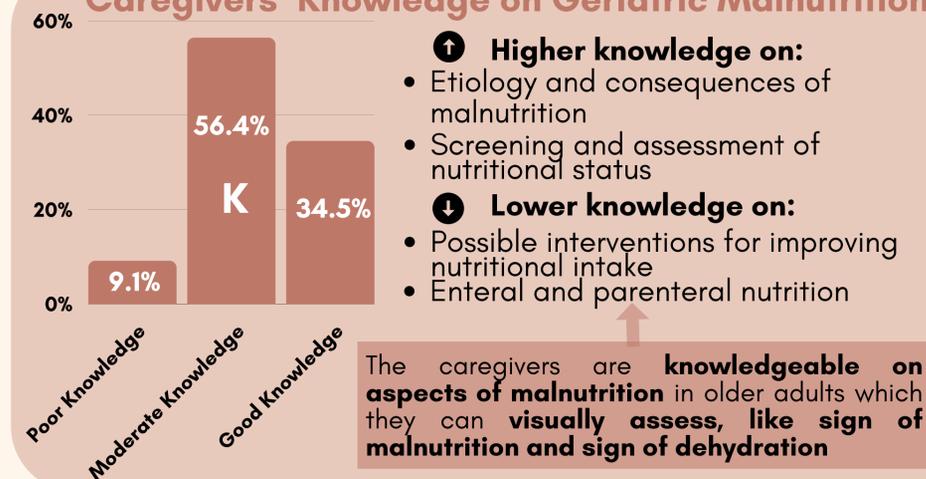
## RESULTS & DISCUSSION

### Socio-demographic



- Participants are relatively "modern" and act as **sandwich generation families**. They juggling with both financial commitment and family responsibilities for their aging parents and own children.

### Caregivers' Knowledge on Geriatric Malnutrition



### Attitudes toward transition care

**Moderately positive attitude** of caregivers toward transition care (3.42±0.99)

desire to know more strategies and training to support the nutrition needs

- Moderate ability of caregivers on managing **appointments** and **medications** for older adults.
- Lower confident on seeking **advice from healthcare professionals**

A possible reason for a lower mean score in the present study could be caregivers in the study **received less formal training on malnutrition**

### Practices toward malnutrition prevention and management

29.33 ± 9.38 out of 63

Nutrition Care Behaviour mean Score

The finding highlighted the **practice of caregivers were much lower** compared to previous study.<sup>7</sup>

- Better practice on meal preparation
- Poorer practices on consultations with healthcare professionals

Feeding concern for the older adults normally is intensified only at the more severe levels of undernourishment.

## CONCLUSION

- 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 Program.
- Future studies are suggested to focus on cause and effect on transition malnutrition care.

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