



**FREE**  
**3.0**  
RN | CE  
RD | CPEU\*

## Bridging the Gap: Identifying Sarcopenia and Malnutrition in the Older Adult, Considerations for Transitions of Care

### OBJECTIVES:

- Identify evidence-based guidelines for identifying malnutrition, sarcopenia and frailty in older adults.
- Examine the current evidence-based tools for the diagnosis of malnutrition, sarcopenia and frailty in older adults including NFPE and the GLIM criteria.
- Discuss age-specific nutrition considerations for older adults with malnutrition, sarcopenia and frailty and explore how to include nutrition during transitions of care to improve patient outcomes.

### DATES:

Thursday, 30 May, 2024  
Time: Noon-3 PM ET

Wednesday, 26 June, 2024  
Time: Noon-3 PM ET

Wednesday, 9 October, 2024  
Time: Noon-3 PM ET

Wednesday, 20 November, 2024  
Time: Noon-3 PM ET

**REGISTER NOW**



Visit [anhi.org](https://anhi.org) to learn more about our nutrition science education and resources

Participants can only claim credit for one of the learning formats (live program, group program, or self-study). To receive credit for the self-study program, participants must view the self-study program independently and complete the post-test and evaluation to obtain their certificate.

Abbott Nutrition Health Institute is an approved provider of continuing nursing education by the California Board of Registered Nursing Provider #CEP 11213.

\*The CPE activity application for *Bridging the Gap: Identifying Sarcopenia and Malnutrition in the Older Adult, Considerations for Transitions of Care* is pending CDR review and approval for 3.0 CPEUs.



## SPEAKER:



### **CARLA PRADO** PhD, RD

Director, Human Nutrition Research Unit  
Associate Professor/CAIP Chair  
Nutrition, Food & Health  
University of Alberta  
Edmonton, AB Canada

Dr. Carla Prado is a Professor and Registered Dietitian at the University of Alberta. She directs the Human Nutrition Research Unit, renowned as one of the top research and training facilities for body composition and energy metabolism assessments worldwide.

Dr. Prado is an expert in assessing nutritional status through the precise measurement of body composition and energy metabolism. The focus of her current research program is to investigate the prevalence and health outcomes of abnormal body composition phenotypes in patients with diverse chronic conditions. She is also developing targeted nutrition interventions to optimize body composition and improve health outcomes.

Dr. Prado is an Associate Editor of Clinical Nutrition, the Journal of Cachexia, Sarcopenia and Muscle, and Current Opinion in Clinical Nutrition & Metabolic Care. She is a Fellow of the Canadian Academy of Health Sciences and a member of the Royal Society of Canada College of New Scholars, Artists, and Scientists - two of the highest academic honors in her country. She has been recognized in the 'Canada's Top 40 under 40' list, named as one of the 'Most Powerful Women in Canada: Top 100', and distinguished as a Highly Cited Researcher by Clarivate™ (Web of Science).

## SPEAKER:



### **AINSLEY M. MALONE** MS, RD, LD, CNSC, FAND, FASPEN

Clinical Practice Specialist  
American Society for Parenteral and Enteral Nutrition  
Columbus, OH USA

Ms. Malone serves as a Clinical Practice Specialist for the American Society for Parenteral and Enteral Nutrition (ASPEN) where she works to support clinical practice activities for the organization. She retired in 2023 from her 40-year career as a nutrition support dietitian within the Mt. Carmel Health System in Columbus where she assisted in the management of patients requiring enteral and parenteral nutrition.

Ainsley is a global and national leader in malnutrition related activities having served as an author of the 2012 Academy of Nutrition and Dietetics/ASPEN Malnutrition Consensus Characteristics and the 2018 Global Leadership Initiative on Malnutrition (GLIM) consensus characteristics. She is currently serving as Co-Lead of the GLIM Implementation and Dissemination working group. Over her longstanding career, Ainsley has served in many nutrition leadership capacities including President of ASPEN 2013-14 and on the Board of Directors for the Academy of Nutrition and Dietetics where she currently serves as Speaker of the House of Delegates.

