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NUTRITION RESEARCH REVIEW

We're pleased to introduce this new, semi-monthly publication—a careful curation of article abstracts from today's most credible nutrition science and healthcare journals.

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Low dietary protein intakes and associated dietary patterns and functional limitations in an aging population: a NHANES analysis

PUBLICATION DATE: Journal of Nutrition Health and Aging

PUBLISH DATE: 19 February 2019

AUTHORS: Krok-Schoen JL, Archdeacon Price A, Luo M, Kelly OJ, Taylor CA

This new NHANES analysis shows that 31-50% of male and female adults aged 51 years and older did not meet the recommended protein intake for individuals (of 0.8 g/kg/d). Not meeting the protein recommendation was associated with a lower diet quality and insufficient intakes of several micronutrients. In addition, not meeting the protein recommendation was associated with more self-reported functional/physical, mental and social limitations, and a lower grip strength in those aged 71 years and older.

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Clinical nutrition education of doctors and medical students: solving the catch 22

PUBLICATION: Advances in Nutrition

PUBLISH DATE: March 2019

AUTHORS: Blunt SB, Kafatos A

There is a high prevalence of malnutrition globally, and doctors are in a position to positively influence this issue at a global, public and personal level. However, one of the most common reasons why doctors do not influence malnutrition is that they have not received adequate training on this issue, and without this training, there is no one to train the doctors of tomorrow – becoming the “catch 22”. Therefore, there is a need to make appropriate nutrition training available globally and at all levels of medical education (medical students, doctors-in-training, and practicing doctors).

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The association between oral nutritional supplements and 30-day hospital readmissions of malnourished patients at a US academic medical center

PUBLICATION: Journal of the Academy of Nutrition and Dietetics

PUBLISH DATE: 03 April 2019 (online) [Epub ahead of print]

AUTHORS: [Mullin GE](#), [Fan L](#), [Sulo S](#), [Partridge J](#).

This study assessed the utilization of oral nutritional supplements (ONS) and its association with the number of 30-day unplanned hospital readmissions of 8,713 adult malnourished patients in comparison with the readmissions rates of their malnourished counterparts who did not receive ONS. Results showed that only 3.1% of malnourished patients received ONS and that ONS users had 38.8% fewer readmissions compared with non-ONS counterparts. Reduction in hospital readmission by ONS was even greater for oncology patients. Further, a 50% reduction in time from hospital admission to ONS provision was associated with a decrease in length of stay by: 10.3% for overall, 10.2% for oncology, and 16.6% for intensive care unit encounters.

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The malnourished surgery patient: A silent epidemic in perioperative outcomes?

PUBLICATION: Current Opinion in Anaesthesiology

PUBLISH DATE: 15 March 2019 [Epub ahead of print]

AUTHORS: Williams DGA, Molinger J, Wischmeyer PE

This review article highlights the issue of malnutrition in surgery patients and its' impact on outcomes, with as many as two in every three major surgery patients being malnourished. This review shows that new surgical nutrition guidelines combined with use of the PONS score and muscle mass assessments will facilitate better identification and early intervention for patients with malnutrition perioperatively.

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