

Nursing home characteristics and nutritional status of residents – a multicenter study throughout Germany (ErnSTES)

Stephanie Bentrup genannt Strathmann

In recent years number of nursing home residents is increasing. Malnutrition is a common problem in nursing homes. Nursing home characteristics could impact nutritional status of residents.

10 nursing homes were included. Food intake was measured by 3-day-food records. Characteristics of nursing homes, residents and staff were collected by questionnaire. Anthropometric measurements were conducted. Nutritional status was determined by MNA, BMI and energy and nutrient intake.

714 residents were included. Small nursing homes performed better than bigger ones. More staff was associated with better results. Less money for food was negatively associated with nutritional status. Calculation of nutrient contents, documentation of weight changes and food consumption did not result in better nutritional status. Pleasant appearance of nursing home was associated with better results. Additives for meal intake resulted in higher energy intake. The possibility to get more food than normally served was associated with higher BMI in men. Higher nutrition knowledge of staff resulted in better nutritional status of residents.

Results could be used as a guideline for nursing home staff, relatives of residents and politicians to create, select and control nursing homes.