Original Paper

Prevalence of malnutrition in hospitalized patients in Taleghani hospital in Tehran

Hosseinpour-Niazi S (MSc)1, Naderi Z (MSc)2, Hosseinpour-Niazi N (BS)3
Delshad M (MSc)4, Mirmiran P (PhD)*5, Azizi F (MD)6

1MSc in Nutrition, Obesity Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran. 2MSc Student in Nutrition, Obesity Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran. 3BS in Nutrition, Obesity Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran. 4MSc Student in Physiology, Obesity Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran. 5Associate Professor, Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition and Food Technology Research Institute; Shahid Beheshti University of Medical Sciences, Tehran, Iran. 6Professor, Department of Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Abstract

Background and Objective: Malnutrition in hospital increases the mortality of patients. The aim of this study was to investigate the prevalence of malnutrition and related risk factors in hospitalized patients.

Materials and Methods: This descriptive study was carried out on 446 patients (217 males, 229 females) during 6 months, admitted to the Taleghani hospital in Tehran, Iran during 2005. Anthropometric measurements and previous admission to hospital in previous 6 months for each patient was recorded. Mild, moderate and severe malnutrition were considered as BMI=18-20 kg/m² and TSF, or MAMC<10th, or weight loss<5%; as BMI=16-18kg/m² and TSF, or MAMC<5th, or weight loss 5-10% and severe as BMI<16kg/m² and TSF, or MAMC<5th or weight loss>10% in previous 6 months respectively.

Results: The prevalence rate of malnutrition as a general was 52% with following subdivision: 14%, 10% and 28% in mild, moderate and severe, respectively. The highest prevalence of malnutrition observed in gastrointestinal ward, males, those aged 18-29 year and patients with secondary and high school education. In malnourished patients, the prevalence of TSF, MAC and MAMC <5th were significantly more than of well-nourished subjects (P<0.05). Increase BMI per unit decreased the risk of malnutrition by 17% (OR: 0.83; CI: 0.79-0.87). Malnutrition was 64% higher in patients with ≥ gastrointestinal disturbances, compared with those without it and 2.1 higher in patients with ≥-hospitalized readmission, compared with subjects without readmission in previous 6 month. Odds ratio of at least one hospitalized admission in previous 6 month was 1.64 in patients with MAC <5th, compared with those with MAC 50-75th (P<0.017).

Conclusion: This study showed that Malnutrition upon hospitalization is common in Tehran. BMI, gastrointestinal disturbances, and readmission were associated with malnutrition.

Keywords: Prevalence, Malnutrition, BMI, triceps skinfold thickness, Mid-arm muscle circumference, Hospitalized patient

* Corresponding Author: Mirmiran P (PhD), E-mail: mirmiran@endocrine.ac.ir

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