

## 2<sup>nd</sup> International Conference on **Geriatrics & Gerontology**

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### **Nutrition and the role of tube feeding among the elderly**

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Nutritional disorders are common among the elderly. Under-nutrition is common among the community dwelling elderly and the incidence approaches 85% among the institutionalized elderly. The predisposing factors for under-nutrition are multiple among the elderly. Nutritional disorders are often missed by the clinicians and yet it carries with it huge impact on the patients' quality of life, morbidity, mortality, length of hospital stay, increases risk of hospital acquired complications, pressure sores, etc. Screening for malnutrition is quick and reliable and it allows for early interventions before further decline in nutritional status occurs especially during the course of hospital stay. Interventions in terms of food fortification, meal modification and oral nutritional supplement showed favorable outcome. In addition to general calorie intake, protein intake among the elderly also needs to be looked at since the elderly often takes inadequate amount of protein in their diets. The daily recommended protein intake is higher for elderly to optimize muscle mass, strength and function. Micronutrients intake among the elderly are also important especially among the elderly who are unable to obtain nutrient rich foods. Role of tube feeding among the elderly with inadequate oral intake due to various causes of dysphagia and recurrent aspiration are often fought with controversies. The role of improving nutrition versus the negative impact, quality of life and complications of tube insertion are often difficult decisions for clinicians as well as patients and their next of kin.

### **Biography**

Si Ching LIM has graduated from University of Bristol, UK in 1992, and worked as a Nephrologist for 6 years before specializing Geriatric Medicine. She is Board certified Geriatrician in 2006. She is currently working in Changi General Hospital in Singapore with a keen interest in medical education, holding an Adjunct Assistant Professor post with National University of Singapore (NUS) and Dukes-NUS. She is also Faculty member for Senior Residency Programme Sing health for both Internal Medicine and Geriatric Medicine. She has 4 (+1) publications.

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