Malnutrition

Metabolic
- hypermetabolism
- increased nutrient requirements

Hospitalization
- fasting procedures
- hospital food

Socio-economic
- poverty
- support networks
- access to food supply

Anorexia
- grief, depression
- age related changes
- reduced olfactory & taste perception

Mechanical
- swallowing problems
- dental problems
- lethargy & weakness
- gastrointestinal obstruction

Malabsorption
- drug/nutrient interaction
- infection related
- ageing process
Increased risk of fractures
- increased bone loss
- reduced calcium intake
- decreased co-ordination

Increased incidence of pressure sores

Impaired Immune & Hormone Function

Loss of subcutaneous fat
- increasing persistence of complications such as falls and pressure sores

Delayed Wound Healing

Loss of muscle mass
- reduced muscle strength
- reduced independence
- reduced mobility
- increased risk of falls