

## **ABSTRACT**

**Introduction:** Sarcopenia is a disease with a high prevalence in the elderly population and a significant negative impact on quality of life. Physical activity along with adequate nutritional intervention are key to mitigating these effects.

**Methods:** The research was conducted using a questionnaire survey in which 113 nursing homes participated. The quality of nutritional care in these facilities was determined using a survey.

**Results:** A total of 113 nursing homes were included in the research. Of these, 57% of facilities had a registered dietitian available. Nursing homes assess the presence of malnutrition at least 4 times a year in 74% of cases, of which they most often use changes in weight (80 %) and monitoring of food intake (70 %). Only 50 % of the facilities use validated nutritional screening tool. 83 % of the facilities apply nutritional support, most often in the form of diet modification and sipping (98 %). They use food fortifications less often, in a total of 57 % of facilities. The presence of a registered dietitian is affected by the size of the facility, with the larger ones being available to the registered dietitian at a higher frequency. The presence of a registered dietitian in the facility significantly positively affects the frequency of detection of malnutrition ( $P = 0.039$ ). The positive effect is also observed in the frequency of weight assessment, however, the difference is not statistically significant ( $P = 0.290$ ). A significant difference was also observed in the use of nutritional screening tool between nursing homes with and without a registered dietitian ( $P = 0.002$ ). Only 1 device used creatine in its care.

**Conclusion:** The quality of nutritional care in nursing homes is significantly affected by the presence of a registered dietitian in the facility.