

ABSTRACT

The main objective:

The aim of this research inquiry is to identify the factors that contribute to malnutrition or its risk among seniors in chosen social services. It seeks to evaluate how these factors differ among seniors within the chosen social services and how these services impact the nutritional status and diet of the elderly.

Methods:

For this research inquiry, two groups of respondents were selected. The first group consisted of individuals residing in a nursing home, while the second group comprised individuals utilizing the services of assisted living facilities. Each group included 10 women and 10 men who met the following criteria:

- Aged 65 years or older
- An MNA-SF questionnaire score of 11 points or lower

Several social service facilities from various cities in the Czech Republic were selected for the research inquiry. The number of respondents from each facility varied. The data were collected using a questionnaire method. A total of 63 individuals participated in the research inquiry. From these respondents, only those meeting all the inclusion criteria were selected. Ultimately, 40 respondents meeting the specified requirements were included in the research inquiry. Of these, 20 respondents utilized the services of a nursing home, with an equal gender distribution (10 women and 10 men). The remaining 20 respondents utilized the services of an assisted living facility, also with an equal gender distribution (10 women and 10 men).

The collected data were statistically evaluated by comparing categorical data (Fisher's exact test with a 95% confidence interval) and frequency analysis. The results were graphically processed and subsequently qualitatively commented on by the author of the bachelor's thesis.

Results:

Of the respondents, only 3 from the assisted living facilities and 4 from the nursing homes cited cost-saving efforts as a factor discouraging them from eating. This difference is not statistically significant ($p=1.0$).

Respondents from nursing homes exhibit more physiological and pathophysiological factors that deter them from eating. This may be related to the higher average number of chronic illnesses among nursing home residents compared to those in assisted living facilities.

The difference in the number of these factors between the two groups is statistically significant ($p=0.029$).

There is no statistically significant difference ($p=0.366$) between the groups in the presence of psychosocial factors that might deter respondents from eating.

Nursing home respondents consume a greater number of daily meals, indicating a higher frequency of eating. A larger proportion of nursing home respondents consider their diet to be varied compared to those in assisted living facilities ($p=0.008$). This result aligns with objective assessments.

Nursing home respondents are weighed more frequently and regularly than those in assisted living facilities. The difference between the groups in this regard is statistically significant ($p < 0.0001$).

Conclusion:

There is a statistically significant difference between the various social services regarding the number of physiological and pathophysiological factors leading to malnutrition. These factors are more frequently observed among respondents from nursing homes. There is no statistically significant difference among other groups of factors.

The diet of respondents from nursing homes is more frequent and varied compared to that of respondents from assisted living facilities. Additionally, the nutritional status of respondents from nursing homes is more closely monitored.

Key words: nutrition, nutrition in old age, malnutrition, malnutrition in old age, factors leading to malnutrition, social services, nursing home, assisted living facility