Abstract

Introduction: malnutrition and sarcopenia, which have similar physiological mechanisms and are both responsible for adverse health outcomes, are highly prevalent in the elderly. Objectives: to measure the consistency of the MNA with the diagnosis of sarcopenia in older adults. Methods: cross-sectional study of consistency in four nursing homes in Bogotá. The nutritional screening and nutritional assessment were made with the Mini Nutritional Assessment in its long form; the diagnosis of sarcopenia was done with the algorithm and the breakpoints of the European Consensus (EWGSOP). Statistical analysis: Pearson Chi2, Mann-Whitney and consistency by Cohen’s kappa coefficient. Results: we included 108 patients, 62% women, mean age 80.4 years (SD 7.7). The prevalence of sarcopenia, malnutrition and risk of malnutrition were 38.9%, 33.3% and 2.8% respectively. The concordance of the MNA with the diagnosis of sarcopenia was slight (kappa 0.1908 95% CI 0.0025 to 0.3791, p < 0.05) Conclusion: MNA shows mild concordance to identify sarcopenia, suggesting that it is not an appropriate tool for the diagnosis of sarcopenia in older institutionalized adults.

Keywords
Sarcopenia, Malnutrition, Aged, Homes for the aged, Nutrition Assessment.