Intervention Through Multi-professional Collaboration for Older People with Malnutrition by Cancer
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Introduction
In Japan, residential homes with and without care services are currently available as private homes for the older people. It is expected that the homes will accommodate needs related to the comprehensive community-based care system as key to social insurance system reform. Through activities targeting nutrition improvement and exercise programs, a three-month intervention was conducted for nine users of fee-based assisted living homes for the older people in Kanagawa Prefecture with an Alb level of <3.8g/dl. The reason for targeting malnutrition is the cause of requiring nursing care. Three out of nine subjects suffered from cancer. The study examined the effects of intervention for individuals with malnutrition due to cancer etc or an increased risk of such a condition, who used a fee-based assisted living home for the older people, based on nutrition improvement and exercise and provided through multi-professional collaboration.

Methods
Interdisciplinary intervention approaches were provided through multi-professional collaboration, while holding monthly case conferences and study meetings. The users’ attributes, nutritional status, motor functions, and QOL (SF-8) were evaluated at baseline and Month 3.

Results
During the study period, physical deconditioning occurred in 3 users, consequently reducing the mean Alb level. There were 2 users of cancer in this group. The Alb levels and dietary intake of users with a favorable physical condition were maintained/ increased, while the values of those with a poor physical condition decreased Alb group. The former’s BMI was also maintained/ improved, and total Locomo-25 score and FR tended to be maintained/improved. Mental Component Summary (MCS) scores representing the QOL showed a particularly marked tendency to improve after intervention, and such an improvement was also observed in the decreased Alb group. Improvements in the QOL associated with mental factors were also observed in the decreased Alb group (p<0.05).

Conclusions
The results support the effectiveness of the interdisciplinary intervention approaches integrating narrative elements provided through multi-professional collaboration. This result also showed a common effect for suffering from cancer.

Table 1. Comparison of the SF-MCS before and after the intervention according to Alb levels (n=9)

<table>
<thead>
<tr>
<th>Alb</th>
<th>SF-MCS at baseline</th>
<th>SF-MCS at 3 months</th>
<th>Z</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group with maintained or increased Alb levels (n=4)</td>
<td>52.29</td>
<td>54.53</td>
<td>55.09</td>
<td>-0.447</td>
</tr>
<tr>
<td>Group with decreased Alb levels (n=5)</td>
<td>40.86</td>
<td>52.54</td>
<td>53.97</td>
<td>-2.023</td>
</tr>
</tbody>
</table>

Wilcoxon's signed rank test