

# A prospective observational study of the prevalence of malnutrition in adult hospitalized patients at an urban tertiary care hospital

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In the Indian scenario, data dealing with malnutrition in adult hospitalized patients is scarce. The objective of this study was to assess the prevalence of malnutrition amongst adult hospitalized patients in an urban tertiary care hospital in Eastern India by various methods of nutritional assessment. A prospective observational study was carried out over a period of two years. Nutritional status was assessed in 255 adult patients (>18 yrs of age) on admission, by the following methods: Modified Subjective Global Assessment (A-normal, B-Moderately malnourished, C-Severely malnourished), Body Mass Index (BMI), Clinical Features assessment (CFA) and Serum Albumin (SA). Amongst the subjects 52% were males (mean age- 51.2 years). MSGA and CFA were performed in all patients, BMI in 237 patients and S A in 201 patients (< 36 hours of admission). The prevalence of malnutrition was found to be 57.2% on admission by MSGA score (14.1%-MSG A C). BMI revealed 29.1% were underweight and 28.3% were overweight as per Indian standards. On clinical examination 49.8% showed features of malnutrition. The mean value of SA was 3.4 gm% a, 56.7gm% had low SA (<3.5 gm %). On comparison of methods, a statistically significant

correlation was detected between MSGA and BMI (71% of the subjects with low BMI, belonging to the malnourished category by MSGA). 83.8% with CFA belonged to MSGA B/C. All subjects with MSGA-C had clinical features of malnutrition ( $p<0.001$ ). 86.8% with low SA belonged to MSGA 'B'/'C'. 91% with MSGA-C had low SA ( $p<0.001$ ). More than half of the patients in a tertiary care hospital in eastern India were found to be malnourished by various methods of nutritional assessment and the methods were comparable to one another.

## Biography

Ayusmati Thakur has completed her MBBS from Calcutta University. Thereafter, she has completed her Diplomate of the NBE in General Medicine in 2013. She has acquired her Membership of the Royal college of Physicians in 2017. She has completed her Fellowship in GI endoscopy and holds a Post Graduate Diploma in Clinical Research. She is certified in Applied Human Nutrition (Cambridge University). She has National and International publications and was adjudged as the Best Speaker at APICON 2014. She was one of the Recipients of the UEG international scholarship for young gastroenterologists in 2015.

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