



NATIONAL CLINICAL GUIDELINE FOR
NUTRITION AND TRAINING INITIATIVES AIMED
AT ELDERLY PEOPLE WITH GERIATRIC ISSUES

2016

NATIONAL CLINICAL GUIDELINE FOR NUTRITION AND TRAINING INTERVENTIONS AIMED AT ELDERLY PERSONS WITH GERIATRIC COMPLICATIONS

Quick guide

Training initiatives	
↑	Consider offering resistance training (8-12 RM) rather than other training to elderly people with geriatric issues (⊕⊕○○).
√	It is good practice to offer training of more than 8 weeks' duration to elderly people with geriatric issues.
↑	Consider offering a combination of balance and resistance training to elderly people with geriatric issues who are at risk of falling (⊕○○○).
↑	Consider use of ADL training for elderly people with geriatric issues (⊕○○○).
Nutrition initiatives	
√	It is good practice to offer a long-term (> 3 months) nutrition intervention (ensuring that at least 75% of the calculated energy and protein needs are covered) to elderly people with geriatric issues who are malnourished or at risk of malnutrition.
↑	Consider offering an individual nutrition intervention rather than a standardised nutrition intervention to elderly people with geriatric issues who are malnourished or at risk of malnutrition (⊕○○○).
Training and nutrition initiatives in combination	
↑	Consider offering a combined training and nutrition intervention (daily supplement with at least 200 kcal and 9 g of protein) to elderly people with geriatric issues (⊕⊕○○).
↑	Consider offering a nutrition intervention (daily supplement with at least 400 kcal and 18 g of protein, or ensuring that at least 75% of the calculated energy and protein needs are covered) together with combined training to elderly people with geriatric issues who are malnourished or at risk of malnutrition (⊕○○○).

About the quick guide

This quick guide contains the key recommendations from the national clinical guideline for nutrition and training initiatives aimed at elderly people with geriatric issues. The guideline was prepared by the DHA.

The national clinical guideline focuses on selected parts of the nutrition and training initiatives offered to elderly people with geriatric issues.

The recommendations are preceded by the following indications of their strength:

↑↑ = a strong recommendation for
↓↓ = a strong recommendation against
↑ = a weak/conditional recommendation for
↓ = a weak/conditional recommendation against

The symbol (√) stands for good practice. This symbol is used in case of lack of evidence, when the working group wants to emphasise particular aspects of the established clinical practice.

The recommendations are followed by the following symbols which indicate the strength of the underlying evidence – from high to very low:

(⊕⊕⊕⊕) = high
(⊕⊕⊕○) = moderate
(⊕⊕○○) = low
(⊕○○○) = very low

In case of lack of evidence, a recommendation is not followed by a symbol. This applies to the good practice recommendations.

Further information at sundhedsstyrelsen.dk

At sundhedsstyrelsen.dk, a full-length version of the national clinical guideline is available, including a detailed review of the underlying evidence for the recommendations.

About the national clinical guidelines

The national clinical guideline is one of the 47 national clinical guidelines (NCGs) to be prepared by the DHA during the period 2013-2016.

Further information about the choice of subjects, method and process is available at sundhedsstyrelsen.dk.
