



ABSTRACT

Important of nutritional care in super aged society - malnutrition, sarcopenia, and cachexia – their impact on senior’s prognosis

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Japan has been facing serious aged society ahead of the world as seniors’ population has exceeded 27%. In this background, governmental policy of medical reformation has released in which expansion of home care and hospital beds reduction have promoted. As a result, large number of seniors receive home care and live at their home. From the view point of patients’ QOL and medical economy, excessive dependence on hospital care should be avoided. Proper management of basal chronic diseases and prevention of acute disease, such as aspiration pneumonia, is essential to avoid unexpected hospitalization. In addition, end-of-life care should also be properly implemented at home. Nutritional care takes important role for achievement of these purposes. Conversely, if malnutrition and malnutrition related sarcopenia and cachexia are well managed, patients can stay home safely and even expect for completing their natural term of existence at home. In this lecture, I will talk about the impact of malnutrition and sarcopenia on seniors’ prognosis and ADL. Then, patients’ care for prevention of aspiration pneumonia and recommended management of chronic basal diseases are discussed.

Keywords: malnutrition, sarcopenia, cachexia, aged society, home nutritional care

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