

Prehranska podpora psihogeriatričnega bolnika

Nutritional support in psychogeriatric patient

*Nada Rotovnik Kozjek**

Povzetek

Starostniki predstavljajo delež populacije, ki najhitreje narašča. Vpliv te demografske spremembe na sistem zdravstva je globalen in zahteva poznavanje presnovnih sprememb, ki spremljajo staranje organizma. Katabolni vpliv bolezenskih akutnih in kroničnih bolezni je pri starostniku mnogo bolj izrazit, še posebej če je prehrambeno stanje starostnika slabo ali bolnik med boleznijo strada. Podhranjenost negativno vpliva tudi na kognitivne in psihološke funkcije starostnika. V sestavku so prikazani dejavniki, ki povzročajo slabšo prehranjenost starostnika, kar dodatno vodi do upadanja psihofizičnih funkcij in še zmanjša slabšo odpornost starostnika na bolezenski stres. Poudarjen je pomen in način prehranske obravnave starostnika, preprečevanja negativnega vpliva stradanja in ustrezne prehranske podpore starostnika kot integralnega dela. Prikazan je pomen enteralne prehrane starostnika z depresijo in demenco.

Abstract

Elderly are the fastest growing part of population. Such a demographic change influences the health system globally and demands knowledge about metabolic changes during ageing. Catabolism during acute and chronic diseases is more pronounced in the elderly, especially with poor nutritional state and starvation during disease. Undernourishment in the elderly effects negatively both cognitive and psychological functions. The text elaborates factors that causes poor nutrition in the elderly. These factors additionally diminish psychophysical functions as well as resistance to the stress from disease. Significance and ways of dealing with nutrition, prevention of negative effects of starvation as well as effective integral nutritional support in the elderly are emphasized. The significance of enteral nutrition of the elderly with depression and dementia is illustrated.

**Mag. Nada Rotovnik Kozjek, dr.med., Onkološki inštitut Ljubljana*