Nutritional and functional status, quality of life and caregiver burden of Alzheimer's disease patients

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Background: Several factors affect the nutritional and functional status and quality of life (QOL) of community-dwelling Alzheimer’s disease (AD) patients. However, the role of caregiver burden (CB) has not been comprehensively explored. The aim of this study is to explore the association between nutritional and functional status, QOL with CB in community-dwelling AD patients.

Methods: A cross-sectional study was conducted amongst 68 caregiver-patients dyads AD (patients: 25 men and 43 women; age: 77.5 ± 7.6; caregivers: 22 men and 46 women; age: 57.5 ± 21.7). Nutritional status was assessed using MNA, serum 25-hydroxyvitamin D3 [25(OH)D3] and bioimpedance analysis. Functional status using handgrip strength, gait speed, Lawton and Barthel Index was determined. Mental status was assessed by MMSE and QOL was evaluated through the Portuguese scale (QOL-AD). CB was measured using Zarit Burden Interview. Association between nutritional, functional mental and QOL status and CB was quantified through multivariable linear regression analysis.

Results: Thirty-three caregivers (48.5%) showed low CB and 24 (35.3%) high CB. Amongst high CB, 16 (34.8%) were female spouses, whose patients 14 (58.3%) were undernourished and 20 (29.4%) had 25(OH)D3 deficiency. 18 (75.0%) were severe dependent and 10 (41.7%) showed average QOL. Linear regression analysis showed that caregiver age and education, AD patient’s phase angle, gait speed and Barthel Index were the studied parameters most strongly associated with the CB, respectively (β: -0.465, 0.330, -0.358, -0.156, -0.284, and ρ = 0.008, 0.014, 0.002, 0.021, 0.033) regardless caregiver age, caregiver education, caregiver relatives, nutritional, functional and cognitive status and QOL (R² = 0.662).

Conclusion: AD patient’s caregiver age and education, AD patient’s phase angle and functional status were the studied parameters independently associated with CB.

Hematopoietic stem cell transplantation in the elderly: nutritional and geriatric assessment

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Introduction: Hematopoietic stem cell transplantation (HSCT) may improve outcomes of patients with hematologic malignancies not