Participant Selection
150 elderly persons ≥65 years
Consecutive PFF admissions

Eligibility Screening

Consent

Baseline Assessment

Randomisation

Control
Low dose fish oil group
(0.3g EPA; 0.2g DHA)
n=75
Fortnightly visits for 12 weeks
Individualised Nutrition Care Plan
Patient Monitoring

Intervention
Moderate dose fish oil group
(3g EPA; 2g DHA)
n=75
Fortnightly visits for 12 weeks
Individualised Nutrition Care Plan
Patient Monitoring

6 week outcome assessment
Body composition (DEXA), percent weight change, upper arm anthropometry, REE, inflammatory markers, fatty acid adherence MNA, chair stand test, ADL, AQoL and Frailty Index

12 week outcome assessment
Body composition (DEXA), percent weight change, upper arm anthropometry, REE, inflammatory markers, fatty acid adherence, MNA, chair stand test, ADL, AQoL and Frailty Index

12 month outcome assessment
ADL, AQoL, change in level of accommodation and mortality