Reviewer's report

Title: Nutritional status and functional capacity of hospitalized elderly

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Reviewer: Rosa Wanda Diez RVD Garcia

Reviewer's report:

Title: is concise and accurate to describe the article

Abstract:

“All the IADL and ADL variables assessed were significantly (p-value) more compromised among the malnourished individuals.”

Suggestion: I propose to substitute “compromised” by “deteriorated”.

“All deterioration of the nutritional status of the elderly is accompanied by a reduction in the functional capacity.”

Suggestion: “There is an interrelationship between nutritional status of the elderly and reduction in the functional capacity”.

Introduction:

The introduction brings a literature review with the relevant aspects of the instruments that were used and approaches the problem of the nutritional status and the functional capacity in the elderly. The objective of the article is clear and well defined. The importance of the study is also clearly presented.

Methods:

The methods were well described and detailed. The authors propose to assess the relationship between the nutritional status of the hospitalized elderly and their functional capacity by using the MNA (Mini Nutritional Assessment) as an indicator of the first and OARS (Older Americans Research Survey) data as indicators of the latter. They considered if the patient can do tasks of the IADL type (using a telephone, walking outside, shopping, meal preparation, housework, self medicating, handling money) and of the ADL type (eating, dressing, grooming, walking, transferring, bathing, toileting). Aspects about autonomy, use of supplements and use of tube feeding and supplements or not were investigated.

Results:

The data were organized in 3 tables: (1) Nutritional screening variables of the Mini Nutritional Assessment (MNA) among recently hospitalized elderly patients; (2) Variables associated with health and functional autonomy among hospitalized elderly distributed according to the nutritional status; and (3) Functional autonomy for the activities of daily living among hospitalized elderly distributed according to the nutritional status. The findings are consistent and show the
relationship between functional capacity and nutritional status. The results show the importance of recommending the use of these instruments to evaluate institutionalized elderly patients.

Discussion:

When the authors argue that there is clearly the need to improve the knowledge about the mechanisms of association between the factors studied, namely nutritional and functional states, they could include comments on how the determinants involved in this process is analyzed in the literature.

References: The authors' names in ref. 7 are misspelled. They should be (after checking the cited paper over the internet): González Hernández A, Cuvá Lantigua M, González Escudero H, Sánchez Gutiérrez R, Cortina Martínez R, Barreto Penié J, Santana Porbén S, Rojas Pérez A.

Level of interest: An article of importance in its field