

# AN INNOVATIVE REHABILITATING MEALS-ON-WHEELS SERVICE FOR FRAIL OLD PEOPLE

P395

A CONTROLLED FEASIBILITY STUDY

## Rationale

The current uniform meals-on-wheels (MOW) service provided to frail old community-dwelling people have a negative impact on nutritional status, physical function and quality of life, which suggest the need for a more targeted and situation-adapted service.



## Methods

3 different types of MOW were delivered for 8 weeks to the intervention group (IG)

- Discharged from hospital** (3 energy- and protein dense meals and 3 in-between meals/d);
- Receiving exercise-based rehabilitation** (3 protein dense in-between meals/d) or
- Receiving reablement** (usual MOW service and additionally different food baskets consisting of 4 different food ingredients and recipes with graduation in degree of complexity/2 per week).

The control group (CG) received standard care, eventually including MOW.

Outcomes assessed were energy and protein intake  $\geq 75\%$  of need, physical function (30-sec chair-stand) and quality of life (EuroQoL5D-5L).

## Results

76 were included (78.9 y old, 56 % W) and randomized, 75% completed the study. Data completeness was  $>80\%$  for all outcomes assessed.

The results for the two groups are presented below.

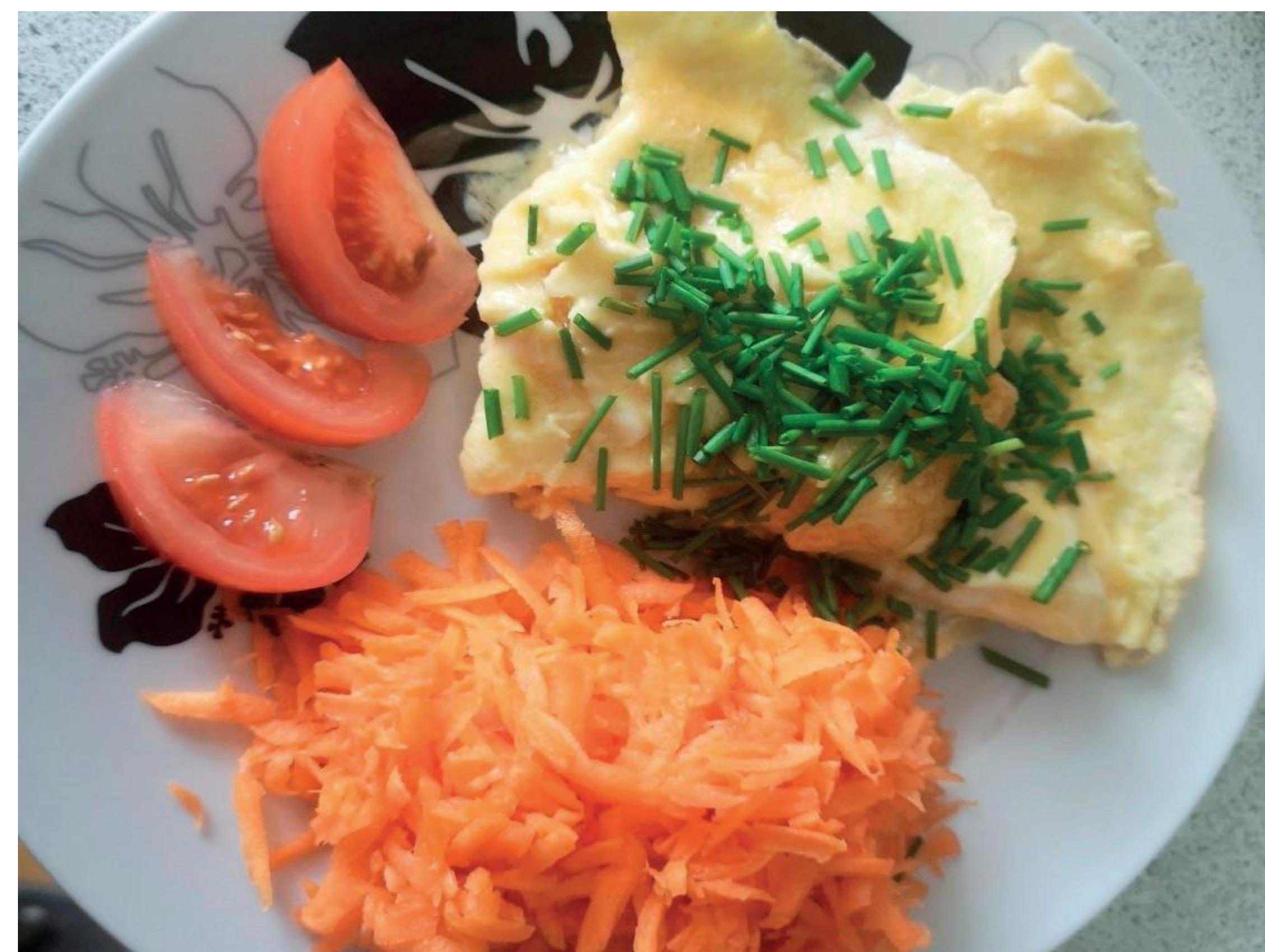
|   | IG (N=34) | CG (N=23) | p-value * |
|---|-----------|-----------|-----------|
| Energy-intake<br>$\geq 75\%$ need, N (%)  | 23 (82)   | 18 (90)   | 0.447     |
| Protein-intake<br>$\geq 75\%$ need, N (%) | 19 (68)   | 9 (45)    | 0.113     |
| Chair stand<br>improved, N (%)            | 19 (66)   | 11 (48)   | 0.199     |
| Quality of life<br>improved, N (%)        | 20 (54)   | 17 (74)   | 0.242     |
| * CHI-squared                             |           |           |           |

\* CHI-squared



## Conclusion

The intervention and data collection were feasibly, but the power too low to detect significant differences between IG and CG.



## Authors

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