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INTRODUCTION

- Malnutrition risk and nutritional inadequacy is high among elderly population.
- Nutrition resource kit is useful as a part of a care plan due to its ability to provide nutrition education for the malnourished and at risk elderly patients.
- To the best of our knowledge, there is no comprehensive nutrition educational materials particularly developed for malnourished and at-risk elderly for use in Malaysian health clinic setting.
- Hence, development and provision of nutrition resource kit tailored for this group is warranted to improve their nutritional status.

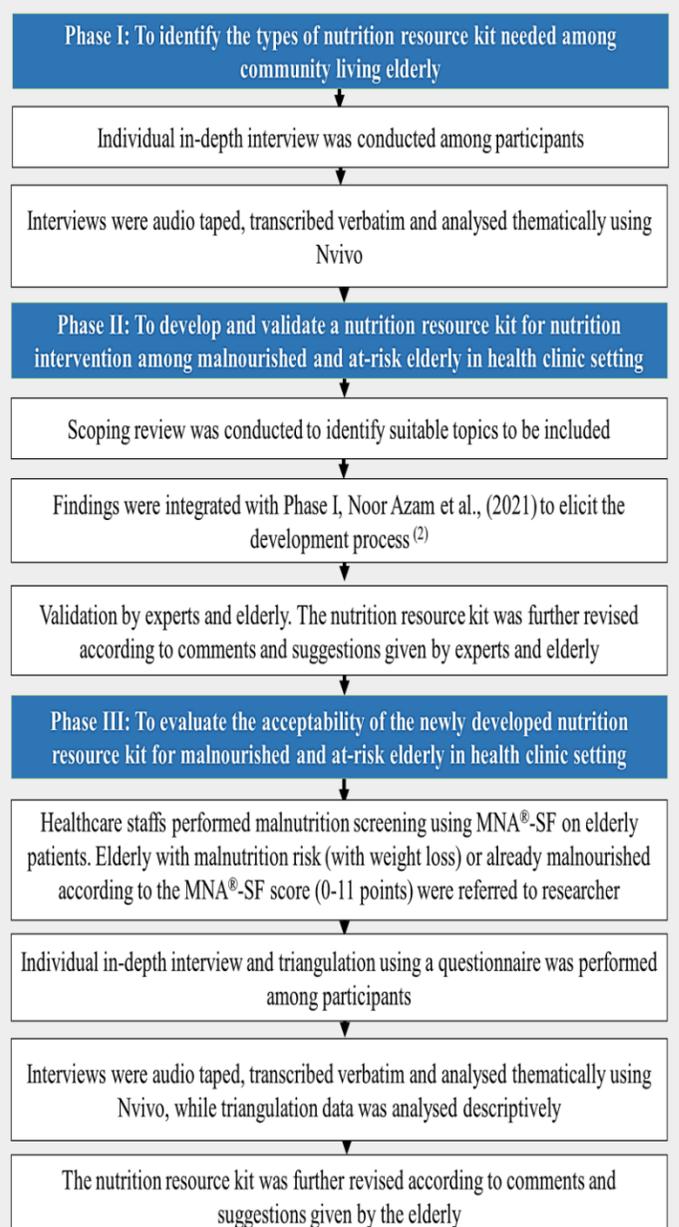
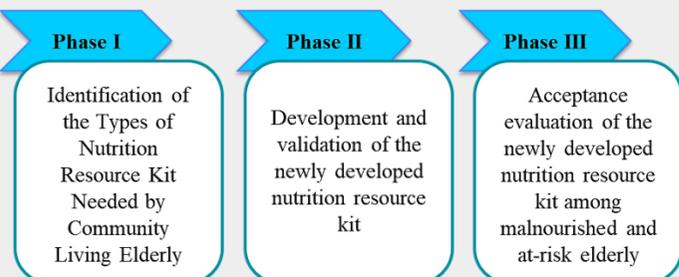
AIM

This study aimed to develop and evaluate the acceptance of a newly developed nutrition resource kit for malnourished and at-risk elderly which act as a reference or guide for them.

METHODOLOGY

Study Design and Approach:

- Action research, qualitative study
- Conducted in 4 government health clinics in urban and rural areas in Kuantan, Pahang (Klinik Kesihatan Indera Mahkota, Klinik Kesihatan Permatang Badak, Klinik Kesihatan Gambang, Klinik Kesihatan Sungai Lembing)
- This study consisted of three phases:



RESULTS

Phase I:

- Qualitative assessment among participants revealed five themes (Figure 1) ⁽²⁾.

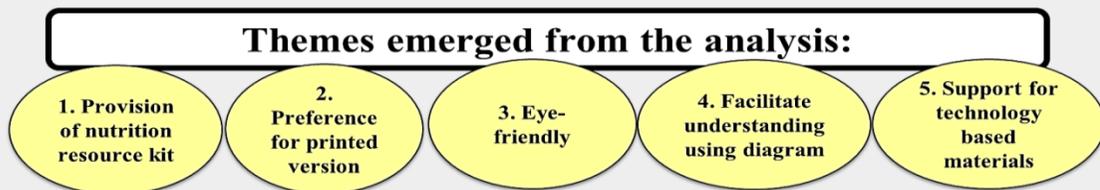


Figure 1: Themes emerged from qualitative assessment

- Findings became the basis to develop the nutrition resource kit.

Phase II:

- An A5 sized booklet with incorporation of an educational video (displayed in QR code) was developed as in Figure 2.



Figure 2: The newly developed nutrition resource kit and educational video

- Both resources achieved excellent content validity and were positively evaluated for face validity by experts and elderly. The I-CVI for all items achieved the value of more than 0.80 except at one for printed version.
- Comments and suggestions given were reviewed and revision was done accordingly.

Phase III:

- In this phase, acceptance evaluation revealed four themes (Figure 3):

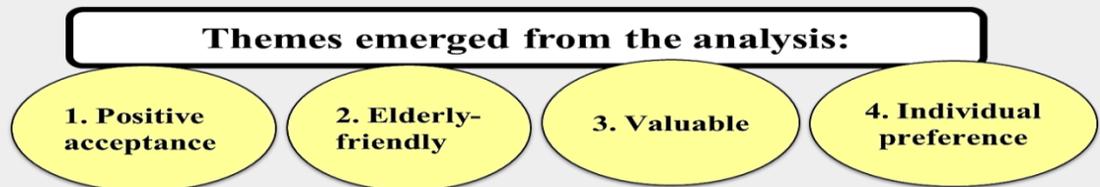


Figure 3: Themes emerged from acceptance evaluation

- The triangulation data also revealed that all elderly positively evaluated both resources. Suggestions given by them were considered for improvement.

DISCUSSION

- Provision of nutrition resource kit tailored for the malnourished and at-risk elderly would be beneficial to improve their nutritional status ^(1,3).
- From the findings, both nutrition resource kit and educational video were well-accepted among malnourished and at-risk elderly.
- This kit and video primarily aimed for the malnourished and at-risk elderly who are able to read. However, the illiterate elderly could also obtain the information by watching and listening to the educational video.

CONCLUSION

- Nutrition intervention for malnourished and at-risk elderly can be facilitated with the provision of nutrition education materials tailored for their use.
- The use of action research and qualitative study enabled insights to be obtained from the elderly itself; in which definitely known to have their own viewpoints.
- Measuring the effectiveness of this developed nutrition resource kit for continuity in the future implementation is warranted for future research.

ACKNOWLEDGEMENTS

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