Conclusion: Differences (BMI and dietary intake) exist between Asian and Non-Asian populations, putting Asian nursing home residents at risk of pressure ulcer/injuries.

Methods

Design: Secondary data analysis of a 3-week pressure ulcer prevention RCT using 7 Canadian NHs.

Participants: ≥ 65 years, Asian (N = 97), Non-Asian (N = 408) who were at moderate (Braden Scale Score = 13-14) or high (Braden Scale Score = 10-12) risk of pressure ulcer development.

Residents were randomized by risk level to a repositioning schedule (2-, 3-, or 4-hours) and monitored. Both short stays (<7 days) and long stay (>90 days) were included.

Observations and Other Data:
1. Skin checks conducted by licensed nurses who were blinded to repositioning schedule.
2. Dietary adequacy determined by amount consumed % meals, # servings and types of protein, liquid supplements, and snacks
3. Braden Scale Score and BMI.

Analyses

Descriptive statistics are reported as frequencies and percentages for categorical variables and as means for continuous variables.

Tests of differences across groups included chi-square tests for categorical variables and analyses of variance (ANOVA) with Duncan’s post hoc Multiple Range Test (MRT) for differences in means of continuous variables.

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Conclusions

Asian and Non-Asian NH residents appear to differ in body mass and the patterns of amount and type of dietary intake and their sequelae.

Future research should focus on refining nutritional risk factors that inform assessment and planning for best clinical practices aimed at protecting NH residents’ skin integrity across racial subpopulations.