**Background**

Older adults living at home are at particular high risk for poor nutrition due to the likelihood of *living with chronic diseases* such as diabetes, arthritis, heart failure and cognitive impairment, as well as the *financial instability and social isolation* that often plagues this population.

**Objective**

To conduct a review of the literature on nutritional assessment and education of older adults living at home.

**Methods**

- PubMed, CINAHL, and Medline databases were searched for English language studies published between 1998 and 2016.
- Search terms: *nutrition, older adults, assessment, education*
  - Additional terms: *community, home health*
- Eight studies eligible for inclusion
  - Five concerning barriers to adequate nutrition
  - Three concerning nutritional interventions
- Two randomized control studies
- Six studies conducted interviews, focus groups and or mailed surveys

**Study Selection**

- 317 Citations identified from electronic databases:
  - ~193 PubMed
  - ~33 CINAHL
  - ~91 MEDLINE
- 281 Articles excluded based on review of title and abstract
- 296 Articles screened
- 15 Full Text Review
- 8 Articles included in the literature review
- 21 Citations excluded
  - ~18 duplicates
  - ~3 abstract missing
- 7 Articles excluded as criteria was not met

**Major Themes**

- Nurses are most often the professionals who provide nutritional care
- Individualized nutritional counseling and the development and testing of a malnutrition screening tools have been tested to *identify and mitigate risk for poor nutrition*
- Barriers to adequate nutrition:
  - Time constraints
  - Lack of interprofessional communication and collaboration
  - Poor educational materials
  - Health professionals and family caregivers feel *underprepared to assess, educate and meet the nutritional needs of older adults*
  - Health professionals feel family caregivers *do not consider nutrition a priority*
- Educational materials should be *simple with limited medical jargon*
- There is a paucity of research in the *United States* regarding the nutritional education and assessment of the older adult population

**Discussion**

- Several barriers to providing adequate nutritional education and assessment to older adults living at home exist
- Additional research is needed to learn how to most effectively assess and intervene with older adults at risk for poor nutrition

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