

FOR AGENDA

LIFETIME NUTRITION & WELLNESS

Healthy Aging:

The Role of Nutrition Therapy and Quality Care in The Elderly

Time	Count	Content
3:45 p.m. – 4:00 p.m.	0:15	Registration and Welcome
4:00 p.m.. – 4:30 p.m.	0:30	Screening for Nutritional Status 1. Screening tools 2. Interpretation of weight status
4:30 p.m. – 4:50 p.m..	0:20	Under nutrition Syndromes
4:40 p.m. – 5:20 p.m.	0:30	Inadequate Dietary Intake 1. Social Factors 2. Medical and Psychiatric Factors 3. Cachexia and Sarcopenia
5:20 p.m. – 5:40 p.m.	0:20	Evaluation of weight loss 1. Initial and follow-up Evaluations
5:40 p.m. to 6:20 p.m.	0:40	Treatment of Weight Loss 1. Calorie and Protein requirements 2. Inadequate food intake 3. Nutritional supplements 4. Appetite stimulants
6:20 p.m. – 6:40 p.m.	0:20	Over Nutrition Obesity and weight-loss
6:40 p.m. – 7:10 p.m.	0:30	Micronutrient Deficiencies 1. Vitamin B ₁₂ , D and Calcium 2. Essential Fatty Acids 3. Over-supplementation
7:10 p.m. – 7:30 p.m..	0:20	Information for Patients and Caregivers
7:30 p.m. – 7:45 p.m.	0:15	Summary and Recommendations
7:45 p.m. – 8:00 pm.	0:15	Testing and Evaluation