



# Oropharyngeal Dysphagia in Adults Aged 60 Years or Older Increases the Chances of Developing of Nutrition-related Comorbidities

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## Understanding Odds Ratios

An odds ratio (OR) is a statistic that quantifies the strength of the association between two events, A and B.

An OR of 1 indicates the two events are independent, i.e., the odds of one event are the same in either the presence or absence of the other event.

If the OR is greater than 1, then A and B are associated (correlated) in the sense that, compared to the absence of B, the presence of B raises the odds of A.

Oropharyngeal dysphagia (OD) is a serious health condition associated with poor survival and quality of life in adults aged 60 years and older. A meta-analysis, published in 2022, included 39 studies with 31,488 participants. The analysis examined the pooled prevalence of OD and the risk of certain comorbidities, several of which are related to nutrition.

## Findings include:

*Participants with OD were 2.21 times more likely at risk of malnutrition.*

*Participants with OD were 4.02 times more likely at risk of pressure ulcers.*

*Malnutrition and wounds are two concerns facing clinicians across the health care spectrum. Timely nutrition assessments and effective medical nutrition therapy interventions are essential to management of these problems.*

| Comorbidity                | Odds Ratios with Pre-existing Oropharyngeal Dysphagia |
|----------------------------|---|
| Pneumonia                  | 2.07  |
| Malnutrition               | 2.21  |
| Mortality                  | 2.73  |
| Pressure (decubitus) ulcer | 4.02  |
| Sarcopenia                 | 3.10  |
| Frailty                    | 2.66  |

## Practice Implications

In patients with OD, the management of nutritional problems should be a priority. Oral diets must meet both caloric and protein needs. For patients unable to meet their needs, supplements should be offered.

*Medtrition offers a variety of IDDSI Level 4 products to address each patient’s unique medical situation.*

### Wounds



45 calories  
 10 grams protein  
 Sugar-free  
 2-ounce gelatin cup  
 Once daily dosing  
 IDDSI Level 4 for dysphagia  
 Item 18803 Tropical Fruit

### Protein Deficiency



80-90 calories  
 20 grams protein  
 Sugar-free  
 IDDSI Level 4 for dysphagia  
 4-ounce gelatin cup  
 Good for clear liquid diets  
 Item 11691 Orange  
 Item 11692 Lime  
 Item 11693 Fruit Punch  
 Item 11681 Grape

### Protein and Calorie Deficiency



160 calories  
 20 grams protein  
 IDDSI Level 4 for dysphagia  
 4-ounce gelatin cup  
 Good for clear liquid diets  
 Item 11701 Cherry  
 Item 11703 Lemon  
 Item 11705 Pineapple



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