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Name of students: Chan Oi Sze, Chan Wing Lam, Chan Yuk Wan, Chau Siu Kei, Chi Ho Yan, Ho Hin Kwan, Ho Lok Sze, Hung Chun, Yeung Tsz Hin

Title: Association between oral health status, oral health-related quality of life and malnutrition among institutionalized older adults in residential care home for elderly in Hong Kong

ABSTRACT

The condition of unhealthy oral status and malnutrition is common among institutionalized other adults (IOAs). Poor oral health and malnutrition bring adverse effect to older adults including decreased masticatory ability, functional ability, affected psychosocial well-being, and the quality of life. Moreover, there is no local study to investigate the association between oral health and malnutrition with potential associated factor. To have thorough understanding of Hong Kong situation, there is worthwhile to conduct this study.

The aim of this study was to investigate the association among oral health status (OHS), oral health-related quality of life (OHRQoL), and malnutrition among IOAs in Residential Care Home for Elderly (RCHE). This study adopted a cross-sectional correlational design with convenience sampling to recruit IOAs (aged 65 or above) who lived in RCHE for more than 12 months. Data was collected from 195 IOAs with a set of questionnaire that includes their personal information, questions in Geriatric Oral Health Assessment Index (GOHAI) and Mini Nutritional Assessment-Short Form (MNA-SF), and oral assessment by using the Oral Health Assessment Tool (OHAT). Independent T-test and one-way ANOVA used to investigate OHS and OHRQoL difference within the group of associated factors. Mann-Whitney U test and Kruskal-Wallis test used to investigate malnutrition difference within the group of associated factors. The relationship of OHS and OHRQoL with malnutrition was analyzed by Spearman's rho respectively.

This study showed that there was statistically significant OHS difference in groups of "routine dental check-up" and "toothbrushing" and a statistically significant negative but weak correlation with "age"; there was statistically significant OHRQoL difference in groups of "routine dental check-up", "toothbrushing" and "presence of

denture”, and a statistically significant negative but weak correlation with “age” and “living year”; there was statistically significant malnutrition difference in groups of “toothbrushing” and “presence of denture”, and a statistically significant negative but weak correlation with “age” and “living, and positive but weak correlation with “educational level”. There was statistically significant negative but weak correlation between OHS and malnutrition, and statistically significant positive and moderate correlation between OHRQoL and malnutrition.