

Mangelernährung Im Alter - Tobias Petzold

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Noch immer ist Deutschland eines der reichsten Länder der Erde. Nach Angaben der WHO(Weltgesundheitsorganisation) hat in Deutschland jedes fünfte Kind Übergewicht und jedes dritte bei den Jugendlichen. So kann man fast der Meinung sein, dass in Deutschland nur Übergewicht ein Problem ist. Aber so ist es nicht, denn im Alter essen viele Menschen zu wenig und sind untergewichtig oder krankhaft mangelernährt. Das deutsche Institut für Diätetik (DIET) hat dazu herausgefunden, dass 83% der älteren Menschen in Institutionen und 31% zu Hause mindestens zum Teil mangelernährt sind. Über die Ursachen und Folgen der Mangelernährung möchte ich mich in der folgenden Hausarbeit beschäftigen. Dabei werde ich versuchen, Vorschläge und Lösungsansätze zu finden und diese anhand eines Fallbeispiels in einer Pflegeplanung zusammen fassen. Malnutrition (lat.: malus, schlecht; nutrire, ernähren) Mangelernährung kann auch Malnutrition genannt werden. Damit wird ein physischer Zustand beschrieben, der durch einen erheblichen Verlust an Körpermasse charakterisiert ist. Obwohl Mangelernährung sehr häufig vorkommt, gibt es keine allgemein gültige Definition. Mangelernährung kann entstehen, wenn die Aufnahmemenge an Nährstoffen nicht den Nährstoffbedürfnissen einer Person entspricht. Die negativen Auswirkungen am menschlichen Körper (Größe, Form und Zusammensetzung) und der Körperfunktionen (physisch, psychisch, Verhalten) können häufig mit einer adäquaten Ernährung rückgängig gemacht werden. Bei langandauernder Mangelernährung können jedoch bleibende Schädenaufreten. Author: Petzold, Tobias Publisher: GRIN Verlag Illustration: N Language: GER Title: Mangelernährung im Alter Pages: 00015 (Encrypted PDF) On Sale: 2004-01-01 SKU-13/ISBN: 9783638319447 Category: Business & Economics : General

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