



Comprehensive Approach to Nutrition Focused Care

Luian Gagni*

Department of Healthcare and Dietetics, University of Barcelona, Barcelona, Spain

DESCRIPTION

To improve health outcomes and maximize nutritional status, a complete approach to nutrition-focused care incorporates customized nutrition assessment, diagnosis, intervention, and monitoring. Using this approach, people who are at risk of malnutrition are first identified by comprehensive nutrition screening, and then their particular dietary needs, preferences, and health goals are thoroughly assessed. Customized nutrition interventions, such as dietary adjustments, nutrition education, counseling, and the supply of oral nutritional supplements, are devised in response to these evaluations.

This approach's significant elements of monitoring and follow-up guarantee that treatments are successful and that modifications are made as necessary. This strategy lowers healthcare expenditures and use while simultaneously improving individual health outcomes by addressing malnutrition and optimizing nutritional status. Better diet, for example, can result in shorter hospital stays, fewer hospital admissions, and lower healthcare costs. In the end, community-dwelling adults-especially seniors-benefit from a comprehensive approach to nutrition-focused care that ultimately enhances their quality of life and health.

In order to achieve optimal nutrition status and enhance health outcomes, nutrition-focused care is an evidence-based approach that combines nutrition assessment, diagnosis, intervention, and monitoring. It has been demonstrated that providing adults who live in the community with nutrition-focused care increases healthcare utilization and lowers healthcare costs. The financial advantages of nutrition-focused care for seniors living in the community as well as its effect on healthcare utilization will be covered in this article. Adults who live in non-institutional settings, either independently or with family, are referred to as community-living adults.

These people are susceptible to malnutrition for a number of reasons, including age-related changes, chronic illnesses, and socioeconomic issues. Malnutrition is a serious health issue that can result in unfavorable consequences such as higher rates of

morbidity and mortality, longer hospital stays, and higher medical expenses.

A complete strategy that takes into account each person's unique dietary needs, preferences, and objectives is known as nutrition-focused care. To determine who is at risk of malnutrition and who needs nutrition interventions, it entails nutrition screening, assessment, and diagnosis. Dietary changes, nutrition education, counseling, and oral nutritional supplements are a few examples of the nutrition interventions. Research has indicated that providing nutrition-focused care to adults who live in the community can enhance healthcare usage and lower healthcare expenses. For example, assessed the effects of providing nutrition-focused care to community-dwelling people 65 years of age and above.

Malnutrition can be treated with nutrition-focused treatment, which can save healthcare expenditures and use. Second, nutrition-focused treatment can lower healthcare expenditures by enhancing quality of life and health outcomes. Enhancing dietary status, for instance, can lower the risk of falls, promote wound healing, and lower the prevalence of pressure ulcers-all of which can save healthcare expenses. Third, as chronic diseases are a major contributor to healthcare expenses, nutrition-focused care can help stop them from getting worse. Chronic disease patients frequently suffer from malnutrition; therefore, addressing nutrition status can help stop the disease's progression and lower the need for costly hospital stays and therapies.

An evidence-based strategy called nutrition-focused care can lower healthcare costs and increase healthcare usage among adults who live in the community. In order to address malnutrition and improve nutrition status, nutrition interventions are implemented after nutrition screening, evaluation, and diagnosis. Improvements in health outcomes and quality of life, as well as lower healthcare expenditures and hospitalization rates, are the main reasons for the economic advantages of nutrition-focused treatment. Thus, as part of their routine care procedures, healthcare professionals ought to think

Correspondence to: Luian Gagni, Department of Healthcare and Dietetics, University of Barcelona, Barcelona, Spain, Email: luiangagni@yahoo.com

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about including nutrition-focused treatment for adults who live in the community.