

Impact of Physical Exercise on Hospitalized Older Adults Malnourished or at Risk, With Oral Nutritional Support

NCT07067697

Status	RECRUITING
Phase	Not Applicable
Sponsor	Fundacion Miguel Servet
Enrollment	102 participants

Key Eligibility Criteria

Inclusion (9)

- Aged 75 years or above
- Hospitalized in the Acute Unit of the Geriatrics Service at the University Hospital of Navarra
- days or more of expected hospitalization
- Malnourished according to the GLIM criteria or at risk of malnourishment (MUST scale)
- Barthel Index e 60 points

... and 4 more (see full listing online)

Exclusion (6)

- Advanced major neurocognitive disorder (GDS 6 and 7)
- Uncontrolled cardiac arrhythmia, acute pulmonary thromboembolism, acute myocardial infarction, or bone fractures within the last 3 months
- Chronic kidney disease stage 4 or 5
- Safe and effective swallowing only with pudding texture
- Inability to participate in the physical exercise program due to physical limitations

... and 1 more (see full listing online)

Locations (1 total)

University Hospital of Navarra, Pamplona, Navarre, Spain