We have seen that there several reasons why an older person may have an impaired appetite and these can be related to the physical and psychological changes that accompany ageing.Finally oral nutritional supplements may need to be used to support patients who are acutely ill and have very poor appetite.The nurse is well placed to identify those patients with poor appetite, identify and treat any underlying cause and use various strategies to help older people to improve their appetite and the adequacy of their diet.

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