

The Relationship Between Hand Grip Strength, Malnutrition Risk, and Cognitive Decline in a Memory Clinic Population

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Background

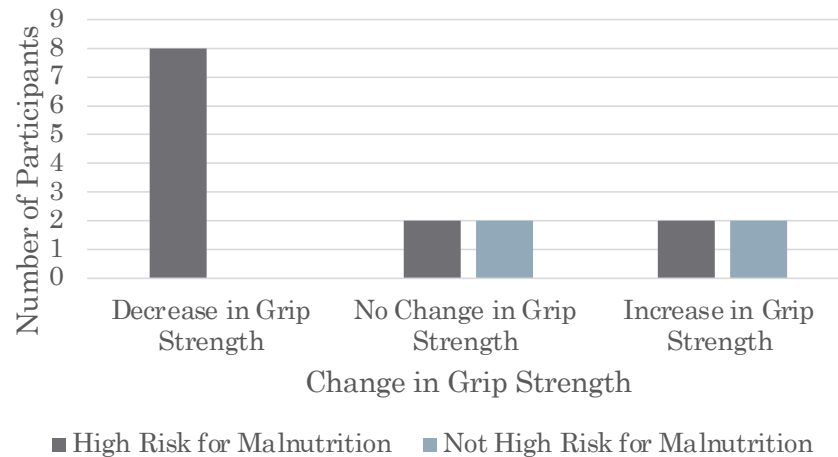
- People with cognitive impairment are at a higher risk than the general population for malnutrition; and those who are malnourished are more likely to experience cognitive impairment
- Typical assessment for nutrition and cognitive impairment is time consuming and challenging
- Hand grip strength is a functional measurement, measured by a dynamometer

Methods

- Data from the Rural and Remote Memory Clinic Longitudinal database
 - Interdisciplinary assessment and care to people with a subjective cognitive complaint
- Correlational analyses

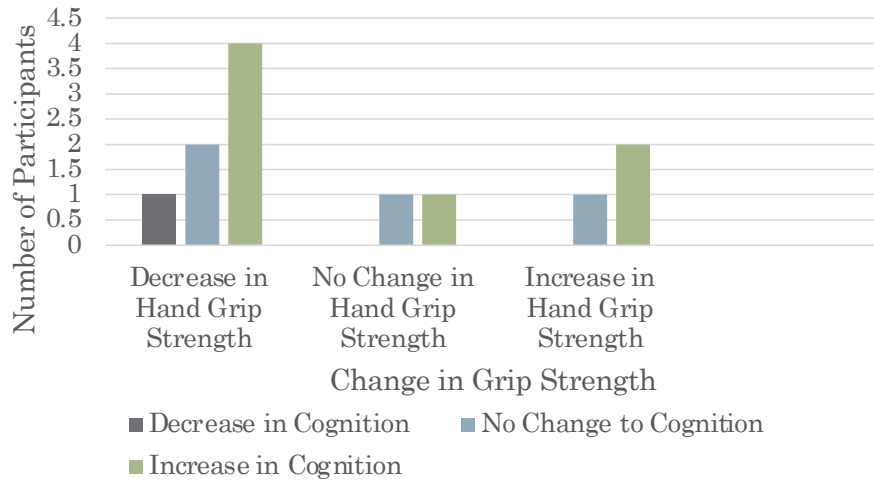
Results

The Number of People With a Change in Grip Strength in Each Malnutrition Risk Category

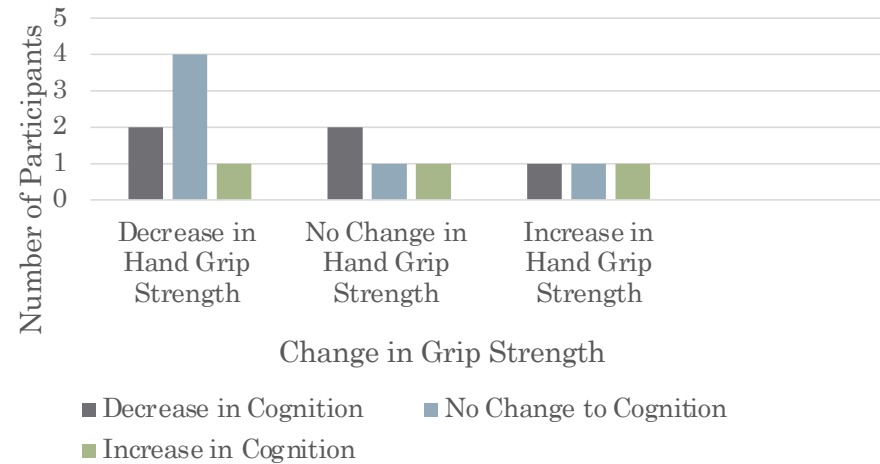


Results

The Number of People With a Change in Grip Strength and a Change in MMSE Score



The Number of People With a Change in Grip Strength and a Change in CDR-SOB Score



Conclusion

A study with a larger sample size is needed further examine this relationship

If a correlation persists in a larger sample, hand grip strength could potentially be added to routine assessment of individuals with cognitive impairment to monitor malnutrition risk and cognitive decline.

