



Newsletter PEN-3S

PEN-3S publishes its first scientific paper on BMC Geriatrics

PEN-3S scientific paper entitled *National survey of the Portuguese elderly nutritional status: study protocol* was published on BMC Geriatrics. This paper is available online using the following link: <http://rdcu.be/nnqr>.

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BMC Geriatrics

STUDY PROTOCOL

Open Access

National survey of the Portuguese elderly nutritional status: study protocol

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Elderly Nutritional Status Electronic Surveillance System (SEVEN-I) pilot study data collection has ended



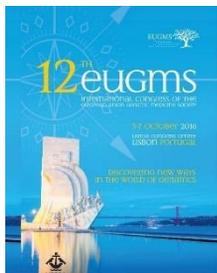
SEVEN-I was developed by PEN-3S research team after conducting an extensive literature review. Selected indicators to monitor derived from a Delphi panel (consensus technique) with two rounds and composed by nutrition, general practice, geriatrics or health management experts.

SEVEN-I was tested in primary healthcare institutions and nursing homes that accepted to collaborate with the project. System indicators were collected by test units' nurses and, after that, one of the PEN-3S nutritionists applied a nutritional status assessment tool that is considered **gold standard**. Our aim was to test and evaluate the surveillance system **sensibility and specificity** and to improve its final version.



PEN-3S presented two communications at the 12th Congress of the European Union Geriatric Medicine Society

On October 6th, PEN-3S project presented an oral communication entitled “**Exploring psychosocial factors associated with nutritional status among elderly living in nursing homes**” as well as the poster “**Data Model for the Portuguese National Study on the Nutritional Status Among Elderly Living in the Community and Nursing Homes (PEN-3S project): What Can Be Done With It?**” at the 12th Congress of the European Union Geriatric Medicine Society (EUGMS).



The project received relevant inputs about these two communications at the scientific meeting that took place two days before the congress at the Institute of Preventive Medicine and Public Health, Lisbon Faculty of Medicine.

PEN-3S and Oslo and Akershus University College of Applied Sciences representatives met with researchers from Newcastle University

The visit started with a seminar about PEN-3S project at the **Human Nutrition Research Center (HNRC)**, followed by several meetings with researchers from Newcastle 85+ study, namely with **Tom Kirkwood**, project Principal Investigator and founder of the Institute for Ageing and Health, in Newcastle. This meeting contributed to strengthen bilateral relations between Portugal and Norway, as well as to establish relationships with **Newcastle 85+** researchers.



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Merry Christmas



and a Happy New Year!