



TOTAL NUTRITIONAL THERAPY™

Geriatric

A Hands-On Geriatric Nutrition Course for Healthcare Professionals

Helping to improve outcomes for
geriatric patients

“Nutritional care should be integrated appropriately into the overall care plan, which takes into account all aspects of the patient, personal, social, physical and psychological.”

“While reducing morbidity and mortality is a priority in younger patients, in geriatric patients maintenance of function and quality of life is often the most important aim.”

“Decision making in the elderly is often difficult, and in many cases ethical questions arise.”

— ESPEN Guidelines on Enteral Nutrition - Geriatrics
Volkert D, et al. *Clin Nutr.* 2006;25:330-360

What is TNT?

TNT (Total Nutrition Therapy) is the premier global clinical nutrition course for physicians and allied healthcare professionals. With more than 25,000 graduates from over 30 countries, TNT was originally developed in 1996 in a partnership between FELANPE* and Abbott Nutrition. There are now a range of specialty TNT courses focusing on pediatrics, neonatology, critical care, nephrology, wound healing and diabetes.

Why was TNT developed?

TNT aims to help improve patient outcomes by incorporating nutrition therapy into standards of best practice patient care. The interactive, expert-endorsed learning program helps healthcare professionals understand the value of a healthy nutrition status and the practical application of clinical nutrition best practices, including nutrition assessment, intervention and monitoring.

What is TNT Geriatric?

TNT Geriatric is the specialty TNT clinical nutrition course developed by and for geriatricians and other healthcare professionals who treat geriatric patients.

Who developed TNT Geriatric?

The TNT Geriatric course was written by global geriatric experts selected by the EUGMS (European Union Geriatric Medicine Society). The Editorial Board is chaired by Profs. Alfonso Cruz-Jentoft (Spain) and Jean-Pierre Michel (Switzerland).

*Latin American Federation of Nutritional Therapy, Clinical Nutrition and Metabolism (FELANPE)

What are the TNT Geriatric learning objectives?

The TNT Geriatric Course is designed to help you:

- Define age-related factors that increase risk of malnutrition in older people
- Discuss the medical and financial toll of malnutrition in older people and how appropriate nutrition therapy improves health outcomes and cuts costs of care
- Describe how to screen for malnutrition risk, assess malnutrition severity, and diagnose malnutrition and its causes
- Explain how to provide, monitor, and manage nutrition therapy for older patients as a way to close nutrition gaps, support patient recovery from illness and injury, and improve long-term outcomes
- Review similarities and differences between sarcopenia, frailty, and disability in older people and explain the roles of nutrition and physical activity in prevention and treatment of these conditions

What is the TNT Geriatric learning experience?

TNT Geriatric is an interactive two-day course of stimulating lectures, workshops and case studies led by expert faculty. The hallmark of the TNT experience is a set of four patient case studies that illustrate and apply clinical nutrition principles learned in the lectures and workshops. Organized as a small group discussion, each case study offers insight into best practices in geriatric care.

TNT Geriatric lectures include:

- Nutrition, Aging, and Longevity
- Nutrition, Frailty, and Disability
- Sarcopenia
- Oral Health and Nutrition
- Nutritional Requirements for Older People
- Nutrition Screening and Assessment
- The Nutrition Care Pathway
- Oral Nutrition Supplements
- Nutrition Intervention in Specific Diseases
- Obesity in Older People
- Drug and Food Interactions

Workshops on nutrition assessment, nutrient requirements and nutrition intervention will help you develop practical clinical skills relevant to your patient practice.

How will I benefit by attending a TNT Geriatric course?

You will be able to easily identify patients at nutrition risk and develop and implement nutrition care plans to help your patients improve nutrition status and overall prognosis. You will also have a firm grasp of the science documenting the huge scale and cost of malnutrition and the benefits of early, pro-active nutrition intervention to prevent and treat malnutrition.

How is TNT Geriatric different from other education programs?

TNT Geriatric was developed by recognized experts from the EUGMS (European Union Geriatric Medicine Society). Moreover, TNT Geriatric is the first clinical nutrition course focused on geriatric medicine with an experiential learning approach, including four practical patient case studies and four workshops led by expert practitioners.

For more information about TNT Geriatric, please contact:

- Your local Abbott Nutrition Representative
- EUGMS: European Union Geriatric Medicine Society: www.eugms.org
- The Geriatric Medicine Society in your country

The TNT Geriatric course is currently approved in the European Union for CME credits. Approval of EU CME credit for TNT Geriatric 2.0 (launched in 2014) is pending.



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PTM 0055

