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| C:\Users\trdi_7\Downloads\IMG_8899.JPG | Amalia Tsagari, Greece  Why elderly care is so important for me: Nutrition is embedded in the management of chronic diseases, malnutrition and functional abilities of older adults. I am passionate about placing dietitians as key professionals in the prevention and treatment of malnutrition, especially amongst hospital patients, as malnutrition is one of the greatest risk factors for mortality in older adults. |
| * Clinical dietitian, KAT University Hospital, PhD * Module Leader, Aegean College | |
| Specialisations or expertise: My research area is in the area of screening and management of sarcopenia in older adults, screening and management of malnutrition in older, hospitalized patients. I specialize in nutritional support as a member of nutritional support teams of a number of units e.g.ICU, burn unit and member of the national committee on development of technical specifications for procurement of enteral nutrition products and oral nutritional supplements. | |
| * *Publications* *https://pubmed.ncbi.nlm.nih.gov/?term=Tsagari+Amalia&sort=date* * *https://pubmed.ncbi.nlm.nih.gov/33521573/*   + see below for a few selected elderly care related papers   * Nutritional interventions in older people with COVID-19: an overview of the evidence.   Jones S, Archer E, Ongan D, Morais C, Speer R, Tsagari A, Jager-Wittenaar H, Ruperto M. Nurs Older People. 2021 Dec 8. doi: 10.7748/nop.2021.e1368. Epub ahead of print. PMID: 34877834.   * [The Relevance of Diet, Physical Activity, Exercise, and Persuasive Technology in the Prevention and Treatment of Sarcopenic Obesity in Older Adults.](https://pubmed.ncbi.nlm.nih.gov/34109204/)   Schoufour JD, Tieland M, Barazzoni R, Ben Allouch S, van der Bie J, Boirie Y, Cruz-Jentoft AJ, Eglseer D, Topinková E, Visser B, Voortman T, Tsagari A, Weijs PJM.Front Nutr. 2021 May 24;8:661449. doi: 10.3389/fnut.2021.661449. eCollection 2021.PMID: 34109204 Free PMC article.   * [Dietary protein intake and bone health.](https://pubmed.ncbi.nlm.nih.gov/32300728/)   Tsagari A.J Frailty Sarcopenia Falls. 2020 Mar 1;5(1):1-5. doi: 10.22540/JFSF-05-001. eCollection 2020 Mar.PMID: 32300728 Free PMC article. Review.   * [Osteosarcopenic obesity, the coexistence of osteoporosis, sarcopenia and obesity and consequences in the quality of life in older adults ≥65 years-old in Greece.](https://pubmed.ncbi.nlm.nih.gov/32300723/)   Keramidaki K, Tsagari A, Hiona M, Risvas G.J Frailty Sarcopenia Falls. 2019 Dec 1;4(4):91-101. doi: 10.22540/JFSF-04-091. eCollection 2019 Dec.PMID: 32300723 Free PMC article.   * [Evaluation of commonly used nutritional assessment methods in hip fracture patients.](https://pubmed.ncbi.nlm.nih.gov/32313849/)   Tsagari A, Papakitsou E, Dionyssiotis Y, Rizou S, Galanos A, Lyritis GP.J Frailty Sarcopenia Falls. 2017 Sep 1;2(3):39-44. eCollection 2017 Sep.PMID: 32313849 Free PMC article. | |