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Development of a Nutritional Monitoring Card for Elderly People with Chronic Diseases in Primary Health Care

Development Of A Nutritional Monitoring Card For Older Adults With Chronic Diseases In Primary Health Care

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Summary

Population aging has been accompanied by significant changes in the epidemiological profile of the population, with a significant increase in the prevalence of chronic non-communicable diseases. In this context, Primary Health Care plays a fundamental role in organizing care and providing longitudinal follow-up for users, especially the elderly population. Simple clinical and nutritional monitoring tools can contribute to improving this follow-up, favoring the systematic recording of information and the active participation of the user in the care process. This study aims to describe the development of a nutritional monitoring card for elderly people with chronic diseases followed up in Primary Health Care. This is an experience report regarding the development of a care instrument focused on monitoring relevant nutritional and clinical indicators. The card was structured with spaces for recording anthropometric data, clinical parameters, and monitoring of consultations, allowing for greater organization of information and strengthening the bond between health professionals and users. The use of this instrument has the potential to contribute to the continuous monitoring of health conditions, encourage self-care, and assist in planning care actions in primary care.

Keywords: Primary Health Care; Nutrition; Elderly; Chronic Diseases; Health Promotion.

Abstract

Population aging has been accompanied by significant changes in the epidemiological profile of the population, with a significant increase in the prevalence of chronic non-communicable diseases. In this context, Primary Health Care plays a fundamental role in organizing care and providing longitudinal follow-up for users, especially the elderly population. Simple clinical and nutritional monitoring tools can contribute to improving this follow-up, favoring the systematic recording of information and the active participation of the user in the care process. This study aims to describe the development of a nutritional monitoring card for elderly people with chronic diseases followed up in Primary Health Care. This is an experience report regarding the development of a care instrument focused on monitoring relevant nutritional and clinical indicators. The card was structured with spaces for recording anthropometric data, clinical parameters, and monitoring of consultations, allowing for greater organization of information and strengthening the bond between health professionals and users. The use of this instrument has the potential to contribute to the continuous monitoring of health conditions, encourage self-care, and assist in planning care actions in primary

care.

Keywords: Primary Health Care; nutrition; Elderly; Chronic Diseases; Health Promotion.

1. INTRODUCTION

The population aging observed in recent decades has led to significant transformations in the epidemiological profile of the population. Among these changes, the increase stands out of the prevalence of chronic non-communicable diseases (NCDs), such as hypertension and Diabetes mellitus, which represents a significant cause of morbidity and mortality among the elderly population. Associated with these conditions, high rates of overweight and obesity are also observed.



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Obesity, in turn, is linked to several health complications, including sleep apnea.

Changes in blood lipids, development or worsening of high blood pressure, diabetes.

Type 2 diabetes mellitus, coronary vascular disease, stroke, heart failure, and pulmonary embolism (Brazilian Association for the Study of Obesity and Metabolic Syndrome – ABESO, 2021).

In this context, the Unified Health System (SUS) acts directly in the care of these individuals. Primary Health Care (PHC) is the main level of care responsible for Longitudinal monitoring of the population, focusing on disease prevention and health promotion. and management of chronic conditions (BRAZIL, 2023).

In this scenario, nutritional monitoring plays a fundamental role, since Proper nutrition is one of the cornerstones for controlling these diseases, in addition to contributing for its prevention. Evidence suggests that consuming minimally processed foods and Plant-based diets can significantly reduce the risk of developing NCDs. in addition to improving the quality of life of the population (BJHIS, 2023).

When initiating nutritional monitoring of elderly individuals, it becomes necessary to conduct a nutritional status assessment, which involves the use of specific indicators, such as the Index. Body Mass Index (BMI), calf circumference, and other clinical parameters capable of to assist in identifying nutritional risk. However, in the daily practice of health services, Difficulties related to the organization and systematic recording of are frequently observed. Patient information. Studies indicate that the negative impact on patient care records and Home visits may be related to both the difficulty of adapting to new systems and information regarding the reduction of improper registrations, which highlights the need for investigation and improvement of these systems within the scope of primary care (CAMPOS et al., 2024).

Given this reality, the development of simple and easy-to-use strategies can to contribute to improving the care provided to the elderly, facilitating clinical monitoring. and nutritional over time. The use of educational and care tools can strengthen the self-care and encourage continued follow-up by healthcare professionals.

Thus, the present study aims to describe the development of a card of Nutritional support aimed at monitoring elderly patients with chronic diseases. in Primary Health Care.

2. MATERIALS AND METHODS

This is an account of an experience concerning the development of an instrument for Nutritional monitoring aimed at elderly people receiving care in Primary Health Care. The proposal

Figure 2 – Elderly person's companion card (back)

CONTROLE DE PRESSÃO ARTERIAL

Data	P.A

Classificação de pressão arterial
 Medição feita com o paciente em repouso e após 18 anos

Classificação	Pressão arterial sistólica (mmHg)	Pressão arterial diastólica (mmHg)
Normal	< 120	< 80
Pré hipertensão	120-139	80-89
Hipertensão arterial estágio 1	140-159	90-99
Hipertensão arterial estágio 2	160-179	100-109
Hipertensão arterial estágio 3	≥ 180	≥ 110

Fonte: Sociedade Brasileira de Hipertensão (SBH) (2010)

CONTROLE DA GLICEMIA

Data		Data	
<input type="checkbox"/> Jejum	<input type="checkbox"/> Jejum	<input type="checkbox"/> Jejum	<input type="checkbox"/> Jejum
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..... mg/dL mg/dL mg/dL mg/dL

Source: Author's archive (2026).

Among the indicators included are body weight, height, and calculation of body mass index (BMI) and calf circumference, measurements widely used in assessing the nutritional status of older adults. Spaces were also incorporated for recording blood pressure and capillary blood glucose, parameters essential in the management of chronic diseases such as hypertension and diabetes mellitus.

In addition, the card has fields for recording appointments and tracking progress. The user's clinical practice. Organizing this information into a single tool aims to facilitate the... visualization of the patient's health history and assistance in clinical decision-making during the Monitoring in Primary Health Care.

The development of monitoring tools in the context of Primary Health Care has been identified as a relevant strategy to strengthen the organization of care and improve monitoring of chronic conditions, especially among older people. Simple recording tools, such as cards or Monitoring notebooks can contribute to the systematization of clinical information and nutritional support, facilitating longitudinal monitoring of users by healthcare professionals. In addition Furthermore, such instruments can facilitate the identification of changes in health status and support the planning for more timely interventions. In this sense, studies highlight that strategies of Structured monitoring in primary care contributes to strengthening actions to promote... health, prevention of complications and maintenance of functional capacity in the elderly population (SANTOS et al., 2020).

With regard to nutritional monitoring, the use of easily accessible anthropometric indicators



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This application proves particularly relevant in the context of primary care, considering the need for Accessible and quick-to-implement tools for daily use in healthcare services. Among these indicators, the Body Mass Index (BMI) and calf circumference have been widely used in the assessment of the nutritional status of elderly people. Calf circumference, in particular, shows an association with muscle reserves and can contribute to the early identification of muscle mass loss, A condition frequently associated with reduced functional capacity. Studies indicate that the analysis The combination of BMI and calf circumference can help identify individuals with higher body fat percentages. risk of compromised nutritional status and functional disability, reinforcing the relevance of incorporation of these indicators into monitoring instruments used in the services of the Unified Health System (SOUZA et al., 2021).

In addition to anthropometric assessment, the systematic recording of clinical parameters, such as blood pressure, is also important. and glycemic levels constitute an important element for monitoring non-chronic diseases Transmissible diseases in the context of primary care. The literature shows that strategies for regularly monitoring these parameters can contribute to the early identification of clinical changes and to the improvement of care. Management of conditions such as type 2 diabetes mellitus and hypertension. Interventions that involve self-monitoring of blood glucose, lifestyle changes, and the adoption of specific dietary patterns, such as the diet DASH has demonstrated a positive impact on reducing cardiovascular risk factors and controlling these conditions. conditions (OLIVEIRA et al., 2023).

In the context of the Family Health Strategy, the effectiveness of actions aimed at the health of the individual Elderly care depends on the integrated action of a multidisciplinary team and the adoption of strategies that... favor the continuous monitoring of users. In this scenario, the development of recording and monitoring tools, such as the proposed nutritional monitoring card. In this study, it may represent a potentially useful tool to support the care process. in primary care. In addition to facilitating the systematic recording of information relevant to the Clinical and nutritional monitoring; such tools can contribute to strengthening the bond. between healthcare professionals and users, as well as encouraging self-care practices and greater individual participation in monitoring their own health condition (SILVA et al., 2024).

The use of monitoring tools is already observed in different care strategies within the Brazilian Unified Health System (SUS), as is the case with the elderly person's health record and other clinical records. used in primary care. However, many of these instruments have a broader approach or generalist, not always systematically considering nutritional indicators and clinical parameters. specific factors that can assist in the ongoing monitoring of nutritional status. In this sense, the Developing complementary tools for nutritional monitoring can contribute to To expand the possibilities for monitoring the health of the elderly population within the scope of primary care.

Therefore, the nutritional monitoring card developed in this study aims to... To fill a gap related to the systematization of the recording of clinical and nutritional indicators. relevant to the care of the elderly. By gathering anthropometric information, parameters



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Combining clinical records and periodic charts into a single instrument, the tool shows potential for...

to facilitate the longitudinal monitoring of users, to support decision-making by professionals.

health and encourage greater individual participation in monitoring their own health.

However, future studies evaluating the applicability and impact of the instrument in clinical practice are needed.

These are necessary to verify their effectiveness and potential for incorporation into health services.

FINAL CONSIDERATIONS

The development of the nutritional monitoring card represents a simple and effective strategy, potentially effective in supporting health monitoring of older adults with chronic diseases in primary care. Primary Health Care. The tool allows for the systematic recording of clinical and nutritional information, contributing to the organization of care and to the longitudinal monitoring of users.

Furthermore, the tool can foster a stronger bond between healthcare professionals and patients, encourage self-care practices, and assist in planning follow-up actions.

nutritional. Therefore, its use has the potential to contribute to improving the quality of care.

to the health of the elderly population within the scope of primary care.

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