INTRODUCTION:
Undernutrition is very common in the elderly population, to the point that some of the screening tools are specially designed for the elderly. The CONUT screening tool automatically assigns a nutritional alert (low, moderate or high) according to levels of serum albumin, total cholesterol and total lymphocyte count (Table 1).
The aim of this study was to analyze the association between age and the score obtained by the nutritional screening tool CONUT and check whether the inclusion of the parameter age adds information to the CONUT scale for nutritional screening (using SGA as gold standard) by logistic regression models, in the Hospital Universitario de la Princesa of Madrid.

RESULTS:
There is a strong association between age and the CONUT score (Figure 1).
Undernutrition rates (as evaluated by CONUT) increase with age >65 in a linear trend (Figure 5).
When age and the CONUT scale are introduced in a logistic regression model for predicting undernutrition (using SGA as the gold standard for undernutrition) age appears not to be significant (Table 2).
The correlations between the CONUT parameters and age are shown in Figures 2, 3 and 4.

METHODS
*II is a two step retrospective study:
1. A database with a total of 25586 adults inpatients was analyzed. It had information about age and the total score obtained by the CONUT® at admission.
2. Age was categorized in 6 groups (<65, 65-69, 70-74, 75-79, 80-85, >85).
3. The percentage of a patient being malnourished in the six age ranges was calculated using contingency tables.
4. The association between the three CONUT and age was studied by Pearson correlations.
5. Four logistic regression models were developed as follows:
   - Step I: CONUT and age continuous variables.
   - Step II: CONUT as continuous , age categorical
   - Step III: CONUT categorical, age continuous
   - Step IV: CONUT and age categorical.

CONCLUSION:
Even though there is a strong association between age and undernutrition, age doesn’t add any information to the CONUT model for predicting undernutrition, due to the fact that the variables used by the screening tool CONUT correlate strongly with age.

The CONUT system is robust enough to dispense with the age.

REFERENCES

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