Abstract: P1850

Psychometric evaluation of the polish version of the council on nutrition (CNAQ) and simplified nutritional (SNAQ) appetite questionnaires in a group of patients with chronic heart failure.

Authors:
M Wleklik¹, M Lisiak¹, C Andreae², I Uchmanowicz¹, ¹Wroclaw Medical University, Department of Clinical Nursing - Wroclaw - Poland, ²Linkoping University, Department of Medical and Health Sciences - Linkoping - Sweden,

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Introduction. The ESC guidelines for the treatment of acute and chronic heart failure indicate the need to monitor and prevent malnutrition. Malnutrition in heart failure (HF) affects up to about 69% of patients and is a negative prognostic factor, increasing the risk of hospitalization and death. Appetite assessment should be performed systematically as part of the provision of multidisciplinary care and prevention of the negative effects of protein and energy malnutrition, as its reduction is a factor predicting unintentional weight loss. CNAQ and SNAQ are simple and easy tools to identify loss of appetite among the elderly.

Purpose. Evaluation of psychometric properties of CNAQ and SNAQ questionnaires in a group of Polish patients with chronic HF.

Methods. Data for the analysis were collected from 103 patients diagnosed with chronic HF, in NYHA functional classes II-IV. The inclusion criteria were: age = 65 years, chronic HF confirmed in the medical documentation, written consent for participation in the study. The study used the CNAQ questionnaire and its abbreviated version - SNAQ. In addition, the Mini Nutritional Assessment (MNA) nutritional evaluation questionnaire was used to assess the validity of CNAQ and SNAQ. In order to evaluate the relationship between the scores obtained in individual questions and the general score, item-total correlation was applied based on multi-core correlations, where the permissible rho is > 0.3. The internal consistency of the tool was assessed using the ordinal version of the alpha coefficient, with the value = 0.7 indicating acceptable reliability.

Results. Correlations between each item and the total results of CNAQ (0.47-0.84) and SNAQ (0.78-0.88) were statistically significant p <0.001. Parallel analysis confirmed the univariate structure of both CNAQ and SNAQ, thus confirming the lack of the need to divide the tool into subscales. A statistically significant correlation was found between CNAQ (rs = 0.8, p <0.001) and SNAQ (rs = 0.81, p <0.001), and MNA. Patients in individual NYHA classes differed significantly as regards their CNAQ (p = 0.008) and SNAQ (p = 0.024) scores. NYHA class II patients had significantly higher CNAQ scores than NYHA class IV patients. Cronbach's alpha was 0.88 for CNAQ and 0.86 for SNAQ, which points to their internal consistency.

Conclusion (s). 1. Loss of appetite increases the risk of malnutrition in the group of HF patients studied. 2. CNAQ and SNAQ have positive psychometric properties and can be used to assess appetite among Polish HF patients.