Background
Nutrition is a key part of a healthy life. Many older people, even those institutionalised, are at risk of developing malnutrition. One of the main consequences of malnutrition in the elderly is the loss of autonomy and increased morbidity and mortality, generating greater use of health resources and indirect costs associated with informal care. Behavioural interventions involving patients and users can be effective strategies for modifying specific habits, improving knowledge on nutrition and reducing decisional conflict. There is limited evidence on economic considerations in such interventions, therefore, it is important to carry out a case study.

Objectives
To gain knowledge on how different factors can affect nursing homes (NH) resident’s nutrition via qualitative research, with particular attention to meal planning, nutritional assessment, malnutrition determinants and general performance of the centres.

Methodology

PHASE 1
A literature review was carried out in order to design evidence based research materials (a brief demographic questionnaire, a discussion guide and informed consent form). Variables were classified as: a) internal variables: those affecting the everyday practice within the NH and, b) external variables: age, gender, etc. For the internal variables, stakeholders were selected on the basis of NH staff that had responsibility for each factor (nurses, nutritionists, etc.).

PHASE 2
A qualitative research plan was developed in which individual interviews and focus groups were conducted. Interviews were conducted with the aim of identifying appropriate profiles and content for focus group discussion, and subsequently extract relevant information about the professional’s experience and practice.

Selected profiles were: a) nurses or nursing assistants; b) nutritionists and; and c) NH managers and coordinators. NH ownership considered were: a) Public (Health Department or Social Services Department) and b) Private. Participants were recruited by phone from March to May 2017. Both individual interviews and focus groups were based on the same topics:

1. Overall performance in nursing homes (daily meal planning, gastronomic offer, nutritional status assessment).
2. Existence of protocols that meet the special needs of some residents and how they were addressed from the perspective of different professionals involved, paying special attention to modified texture and pureed diets.

In addition, focus groups activities had an exercise based on Metaplan method (participants wrote down ideas on one card, these are fixed on a board and commented, revealing conclusions).

Once the field work was done, all the sessions were transcribed to be analysed using Atlas.ti software following a descriptive methodology, based on the induction from context to the development of a theory. Based on this, the most relevant concepts were analysed and conceptual maps were created.

Results
In total, 8 professionals were interviewed personally in March 2017, the duration of the interviews was 45 minutes. Additionally, two focus groups were carried out pooling different professionals (each with 4 participants), they took place in May 2017 in Barcelona and were recorded in video, the estimated duration for each group was 120 minutes.

Of all participants in the focus groups, 6 (75%) were NH workers and 2 (25%) worked in day centers. With regard to the professional profiles, 6 (75%) were nurses and 2 were members of the management (25%). 5 (62.5%) participants belonged to public centers, 2 (25%) to private centers and one (12.5%) to a public foundation.

MAIN OUTCOMES
- The most relevant factor for the menu decision are the preferences of the users.
- Dietary restrictions are taken into account according to medical prescriptions.
- Basal menu and alternative menus are usually offered according to the disease and conditions observed among the users (diabetes, cholesterol, etc.).

Specifically, in relation to modified texture diets, two main menus are offered (basal and basal pureed). Most mentioned concepts by the focus groups participants in relation to the textured and pureed menus are “basal pureed menu” and issues regarding “presentation of pureed food”. Relationships between concepts shown in the conceptual map.

Conclusions
This results prompt valuable information on the functioning of NH in relation to nutrition habits, with special attention to the issues related to modified texture diets. Therefore, next step in this project is to evaluate, from the efficiency point of view, a behavioural intervention on modified textures.