

**Title:** Prevention is critical in aged care: implementing preventive measures to lower the incidence of falls, pressure areas, urinary incontinence, and malnutrition would go a long way to improving the quality of care in aged-care facilities

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Malnutrition: client fits one of the following criteria:
  1. BMI (Body Mass Index) lower than 18,5 (client age 65 years or older BMI  $\leq$  20).
  2. BMI between 18,5 and 20 (clients 65 years and older BMI between 21-23) in combination with not eating or hardly eating anything for three days or not eaten normally for more than a week.
  3. Unintentional weight loss or an weight loss of more than 6 kg over the last 6 months or more than 3 kg over the last month.At risk of malnutrition: client fits one of the following criteria:

1. BMI between 18,5 en 20 (clients age 65 years or older BMI between 21-23).
2. Not eaten or hardly eating anything for three days or not eaten normally for more than a week.

10 List is available on request from the authors.

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