



## **Adult Care Nursing**

**\* Smithi S**

\*Department of Nursing Unit, University of Ibadan, Ibadan, Nigeria

\*Corresponding author email: [senasmithi@gmail.com](mailto:senasmithi@gmail.com)

### **INTRODUCTION**

Malnutrition refers to once a human diet doesn't give enough nutrients or the correct balance of nutrients for optimum health. Causes of deficiency disease embody inappropriate dietary decisions, a coffee financial gain, problem getting food, and varied physical and psychological state conditions. When someone has deficient food, a restricted diet, or a condition that stops their body from getting the correct balance of nutrients, it will have a severe impact on their health. In some cases, this will become life threatening. A lack of anti ophthalmic factor around the world, several youngsters develop vision issues because of an absence of anti phthalmic factor. A lack of ascorbic acid a lack of ascorbic acid may result in scurvy. Scurvy is rare within the us however it will develop if someone doesn't have a varied diet with many recent fruits and vegetables. Older adults, young youngsters, people who consume heaps of alcohol, and a few folks with sure psychological state conditions is also notably in danger. An overall deficiency Lacking all nutrients will cause malnutrition, that could be a "severe sort of deficiency disease." One symptom of this condition could be a distended abdomen. Marasmus is another potential results of severe biological process deficiency. Someone with malnutrition can have little muscle or fat on their body.

### **SYMPTOMS**

A lack of appetite or interest in food or drink tiredness and irritability an inability to concentrate always feeling cold depression.

### **CAUSES**

A low intake of food Some folks develop deficiency disease as a result of there's not enough food accessible or as a result of they need problem uptake or interesting nutrients.

Alcohol use disorder: intense heaps of alcohol will cause redness or long harm to the exocrine gland. These problems will create it onerous to digest food, absorb vitamins, and turn out hormones that regulate metabolism.

### **RISK FACTORS**

In the wealthier nations, however, those most in danger of deficiency disease include: older adults, particularly after they area unit within the hospital or long institutional care people who area unit socially isolated for instance, because of quality problems, health issues, or alternative factors people with a coffee financial gain people ill from or living with a significant malady or condition those who have problem interesting nutrients people with chronic uptake disorders like bulimia or anorexia.

### **DIAGNOSIS**

If someone shows or notices any signs of deficiency disease, the primary step are going to be to seek out why. If a doctor suspects Cohn's sickness, disorder, or another condition, they will do laboratory tests to verify identification. Treating these conditions will improve a person's biological process standing. They may conjointly do the following: blood tests for general screening and watching tests for specific nutrients, like iron or vitamins prealbumin tests, as deficiency disease usually affects levels of these macromolecule albumin tests, which can indicate liver or nephropathy.

### **TREATMENT**

If a doctor diagnoses deficiency disease, they're going to create a treatment arrange for the person. The person additionally ought to meet with a specializer and alternative attention suppliers. Treatment can rely on the severity of the deficiency disease and therefore the presence of the other underlying conditions or complications.