

# The Dormant Triad

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# Propositions

Belonging to the dissertation

## The Dormant Triad

Exploring Dysphagia, Oral health and Malnutrition  
in stroke and nursing home patients

Viviënne Huppertz, Maastricht October 13, 2022

1. Prevalence rates of hospitalized patients at risk of malnutrition are still high and therefore structured nutritional screening is recommended in all hospitalized patients. *(This dissertation)*
2. The large number of screening instruments for malnutrition still complicates the comparison of studies addressing nutritional risk. *(This dissertation)*
3. Since many chronic stroke patients with dysphagia have nutritional problems, the treatment of their dysphagia must be combined with structured attention to optimize their nutritional status. *(This dissertation)*
4. Nursing home staff should become more aware of the fact that malnutrition, dysphagia, and poor oral health often co-exist in nursing home residents. *(This dissertation)*
5. A step in the right direction has been taken when the Dormant Triad of malnutrition, dysphagia and poor oral health has been brought to a final sleep in the future.
6. Integrated care in the field of nutrition should meet the needs and wishes of the growing population of patients with a complex health profile who require tailored nutrition.
7. Small exploratory studies in well-defined subpopulations are just as important for gaining new scientific and clinical insights as large cohort studies and randomized controlled studies in the patient population from which the specific subpopulation originates.
8. Research in and relevant for nursing home residents should not be stopped during a pandemic and should challenge scientists' creativity to find pandemic proof study designs.
9. A PhD - trajectory feels like running a marathon. The further you are, the harder it gets, though every step you take is one closer to the finish line.