

CURRICULUM VITAE

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Education record

2011 Associate professor, University of Copenhagen
2009 Eur. Master in Gerontology, University of Amsterdam
2004 Senior Researcher, Danish Technical University
2001 Ph.D., University of Copenhagen
1991 Clinical Dietician, University of Aarhus
1990 MSc. in Food Science and Technology, University of Copenhagen

Work record

2015 – now Docent, Metropolitan University College
2011- now Senior Researcher, EFFECT, Herlev Hospital
2010-2011 Post doc., University of Copenhagen
2004-2010 Senior Researcher, Danish Technical University

Recent research projects

2013-2014: Nutritional support in a cross-sector model for the rehabilitation of geriatric patients: a randomised controlled trial;
2012-2013: Cost-effectiveness of multidisciplinary nutritional support for undernutrition in older adults in primary care. A cluster randomised trial;
2010-2012: Follow-up home visits with registered dieticians of geriatric medical patients after discharge.

Research projects on going

2015-2018: ELDORADO – Preventing malnourishment and promoting well-being in the elderly at home through personalised cost-effective food and meal supply (including 1 PhD project). Co-operation AAU, KU (NEXS and FOOD), Copenhagen Madhus, and DTU
2015-2018: PEPOP: Protein and Exercise is Positive for Old Patients (including 1 PhD project). Cooperation Ku (NEXS), Arla Foods, Arla Ingredients
2015-2016: TOPGOP - Nutritional support and rehabilitation of geriatric patients – a development and implementation project.
2014-2017: Oral nutrition supplements vs. energy- and protein dense in between meal snacks, weight changes and functional capacity in chronic obstructive pulmonary disease; randomized controlled dietary intervention. 1 PhD project, Co-operation Iceland and UK
2013-2016. Practice in meal- and nutrition care among elderly– movements in and between sectors. Line Hesselvig Krogh. PhD project, Co-operation AAU and BDO

Recent peer reviewed articles (2010-2015)

2015:

Beck A. Weight loss, Mortality and associated potentially modifiable nutritional risk factors among nursing home residents – a Danish follow-up study. *J Nutr Health Aging* 2015;19:96-101
Beck A, Christensen AG, Hansen BS, Damsbo-Svendsen S, Møller TKS. Multidisciplinary nutritional support for undernutrition in nursing home and home-care: cluster randomized controlled trial. *Nutrition*; on line September 2 2015, DOI: <http://dx.doi.org/10.1016/j.nut.2015.08.009>

Beck A, Keiding H, Christensen AG, Hansen BS, Damsbo-Svendsen S, Møller TKS. Multidisciplinary nutritional support for undernutrition in nursing home and home-care is cost-effective. *SOL Nurs Health Care* 2015; open access

Munk T, Tolstrup U, Beck A, Holst M, Rasmussen HH, Hovhannisyanyan K, Thomsen T. Individualised dietary counselling for nutritionally at-risk older patients following discharge from acute hospital to home: a systematic review and meta-analysis. *J Hum Nutr Diet* 2015; online March

Okkels SL, Bredie WLP, Klausen TW, Beck A. Food desires in hospitalized hematological cancer patients. *Clin Nutr*. 2015 Mar 26. pii: S0261-5614(15)00085-0. doi: 10.1016/j.clnu.2015.03.010. [Epub ahead of print]

Veronese N, Cereda E, Solmi M, Fowler SA, Manzato E, Maggi S, Manu P, Abe E, Hayashi K, Allard JP, Arendt BM, Beck A, Chan M, Audrey YJ, Lin WY, Hsu HS, Lin CC, Diekmann R, Kimyagarov S, Miller M, Cameron ID, Pitkälä KH, Lee J, Woo J, Nakamura K, Smiley D, Umpierrez G, Rondanelli M, Sund-Levander M, Valentini L, Schindler K, Törmä J, Volpato S, Zuliani G, Wong M, Lok K, Kane JM, Sergi G, Correll CU. Inverse relationship between body mass index and mortality in older nursing home residents: a meta-analysis of 19,538 elderly subjects. *Obes Rev*. 2015 doi: 10.1111/obr.12309. [Epub ahead of print]

Wirth R, Dziewas R, Beck A, Clave P, Hamdy S, Heppner HJ, Langmore S, Leischker A, Martino R, Pluschinski P, Roesler A, Shaker R, Warnecke T, Sieber C, Volkert D. Oropharyngeal dysphagia in older persons – from pathophysiology to adequate intervention. A review and summary of an international expert meeting. *Clin Interv Ageing* 2015; *accepted*

2014:

Beck A, Andersen UT, Leedo E, Jensen LL, Martins K, Quvang M, Rask KØ, Vedelsvang A, Rønholt F.

Does adding a dietician to the liaison team after discharge of geriatric patients improve nutritional outcome: a randomised controlled trial; *Clin Rehab* 2014 Dec 31. pii: 0269215514564700. [Epub ahead of print]

Beck A, Christensen AG, Hansen BS, Damsbo-Svendsen S, Møller TKS, Hansen EB, Keiding H. Study protocol: Cost-effectiveness of multidisciplinary nutritional support for undernutrition in older adults in nursing home and home-care: cluster randomized controlled trial; *Nutrition Journal* 2014;13:86

Beck A, Rask KØ, Leedo E, Jensen LL, Martins K, Vedelsvang A. Study protocol: nutritional support in a cross-sector model for the rehabilitation of geriatric patients: a randomised controlled trial. *J Clin Trials* 2014;4, online

Beck A, Svarstad R, Winning Iepsen U, Juhl Jørgensen K. Evidence-based clinical guideline for use of nutritional support in pulmonary rehabilitation of undernourished patients with stable COPD. *e-SPEN Journal* 2014; doi: 10.1016/j.clnme.2014.11.003 online

Keller H, Beck A, Namasivayam A; International-Dining in Nursing home Experts (I-DINE) Consortium.

Improving food intake in long term care: A research agenda. *J Am Med Dir Assoc*. 2014 Dec 3. pii: S1525-8610(14)00695-1. doi: 10.1016/j.jamda.2014.10.017. [Epub ahead of print]

Lassen AD; Beck A; Leedo E; Andersen EW; Christensen T; Mejbom H; Thorsen AV & Tetens I. Effectiveness of offering healthy labelled meals in improving the nutritional quality of lunch meals eaten in a worksite canteen. *Appetite*; 2014;75:128-34

Munk T, Rosenbom E, Beck A, Holst M, Rasmussen HH, Thomsen T. Positive effect of fortified hospital food on nutritional intake in patients at nutritional risk. A randomized controlled trial. *J Hum Nutr Diet* 2014; doi:10.1111/jhn.12210

2013:

Andersen UT, Beck A, Kjaersgaard A, Hansen T, Poulsen I. Systematic review and evidence based recommendations on texture modified foods and thickened fluids for adults (≥ 18 years) with oropharyngeal dysphagia. *e-SPEN 2013 Journal*, online June

Beck A, Beermann T, Kjær S, Rasmussen HH. Identification of elderly patients at nutritional risk in primary health care: a validation study of different screening tools. *Nutrition* 2013; online May 2013

Beck A, Kjær S, Hansen BS, Storm RL, Thal-Jantzen K, Bitz C. Follow-up home visits with registered dietitians have a positive effect on the functional and nutritional status of geriatric medical patients after discharge: a randomised controlled trial. *Clin Rehab* 2013; 27: 483-93

2012:

Andersen UT, Beck A, Hansen T, Kjærsgaard A, Poulsen I. Klinisk retningslinje for kost og væske til voksne (>18 år) personer med øvre dysfagi. Center for Kliniske Retningslinjer 2012

Beck A, Damkjær K, Simmons SF. The relationship between weight status and the need for health care assistance in nursing home residents. *J Aging: Res Clin Pract* 2012;1:173-8

Beck A, Holst M, Rasmussen HH Oral nutritional support of old (65+ y) medical and surgical patients after discharge from hospital: systematic review and meta-analysis of randomised controlled trials. 2012; 27: 19-27

2011:

Beck A, Kjær S, Hansen BS, Storm RL, Thal-Jantzen K. Study protocol: Follow-up home visits with nutrition: a randomised controlled trial. BMC Geriatrics 2011;11:90 (on line)

Beck A, Wijnhoven H, Lassen KO. A review of the effect of oral nutritional interventions on body weight change and functional outcomes in older nursing home residents. e-SPEN, European ejournal Clinical Nutrition Metabolism 2011; DOI.information:10.1016/j.eclnm.2011.03.003

2010:

Beck A, Damkjær, Sørbye LW. Physical and social functional abilities seem to be maintained by a multifaceted randomized controlled nutritional intervention among old (65+ y) Danish nursing home residents. Arch Gerontol Geriatr 2010; 50: 351-355

Beck A, Hansen KS. Meals served in Danish nursing homes and to meals-on-wheels clients may not offer nutritionally adequate choices. J Nutr Elderly 2010; 29: 100-9.