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CLINICAL FOUNDATIONS OF NUTRITION SUPPORT: AN OVERVIEW ON ENTERAL NUTRITION

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Malnutrition can be both over nutrition, in the form of obesity and non-communicable diseases, and under nutrition. This may be present inside and outside the hospital set-up. Based on the World Health Organization's Global status report on non-communicable diseases (NCD) 2010, NCD deaths are projected to increase by 15% globally between 2010 and 2020. These deaths are due principally to cardiovascular diseases, diabetes, cancer and chronic respiratory diseases. In the study done by Baker, et al on hospital malnutrition, the prevalence of malnutrition in the hospital acute setting has been widely documented in the literature to be between 20% and 50% depending on the patient population, definition and criteria used for diagnosis. With the increasing incidence of malnutrition, the importance of nutrition and lifestyle interventions are given priority to control these diseases; however a realization that these interventions are not only for those who are already diagnosed with NCDs and those that are hospitalized but rather nutrition and lifestyle modifications are also for healthy individuals as well. Prevention of NCDs and malnutrition through behavioural modifications are vital to alleviate the increasing risk of people developing these disease conditions and malnutrition. In the hospital set-up, screening is important to determine those who are at risk of malnutrition. The earlier the detection and diagnosis, the earlier the treatment plan is prescribed, therefore the chances of patient recovery increases. These patients at risk should be thoroughly assessed. Reviewing the anthropometric, biochemical, clinical and dietary assessment results would lead to the determination of the nutritional status of the patient, hence a proper nutrition prescription and medical nutrition therapy be made to fit the patient's condition and needs. There are no more excuses for providing the patients the nutrition that they need. To still provide nutritional needs even if the oral access fails or seems impossible, enteral access may be used. It is vital that a Clinical Nutritionist-dieticians should be familiar with the benefits, indication and contraindication; the access and formula selection for enteral nutrition to be able to come-up with the proper enteral prescription that would fit to the patient's diagnosis. Clinical nutritionist- dietician's should familiarize themselves on the risks present for enteral nutrition and learn how to lessen those risks for proper patient care. Knowledge on how to administer and other considerations in the administration should be made clear. Monitoring and reassessment of patient's condition is also a must, to help determine the progression of the feeding access and nutritional status of the patient. The management of nutrition is a team approach, be an active member and deliver nutrition the best way possible, to ensure that holistic management is provided for the patient.

Biography

Franz Josephine Ilustre Ferrer completed her Bachelor's Degree in Nutrition and Dietetics from the University of Santos Tomas in 2008 and has taken up 36 units under the Master's in Clinical Nutrition program of the Philippine Women's University. She has been practicing as a licensed Nutritionist-Dietician in the Philippines for ten years and is currently the pioneer of nutrition and unit head of the Supreme Court of the Philippines Medical Services Nutrition Unit. She is also a trained Diabetes Educator who graduated as valedictorian of her batch in the 2015 Diabetes Educator's Training Program of the Philippine Association of Diabetes Educators. Her other affiliations includes active membership in the Nutritionist-Dietician's Association of the Philippines, Philippine Association of Diabetes Educators, and Philippine Society for Parenteral and Enteral Nutrition. Franz also spent two years as a Clinical dietician in the Nutrition Support team of Our Lady of Lourdes Hospital, Philippines and two years as a contributor writer for the nutrition section of the Philippine HealthCare Magazine.

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