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Nutrition Intervention in a Cardiac Rehabilitation Program For Acute Myocardial Infraction Patients at Phase 1

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Introduction

Acute myocardial infraction may cause physical damage to the patients such as physical inability, loss of work or depression. The cardiac rehabilitation program is a multi-disciplinary team approach involving Cardiologists; cardiac nurse; Dietitian; physiotherapist; occupational therapist; and medical social worker. The program aims at helping the patients to recover from their heart attack and return back to society as far as possible. Dietary intervention is an important component of cardiac rehabilitation which can reduce the risk of myocardial infraction.

Objectives

To evaluate the outcome of dietary intervention in a cardiac rehabilitation program

Methodology

The cardiac rehabilitation program started shortly after the patient was admitted to the hospital. The dietitian will assess the patients dietary intake and advised on a tailored made diet plan according to their clinical conditions. The patients were given a questionnaire testing on their food knowledge, attitude towards dietary modifications and assessment of their dietary habits by 24 hours recall. Their body compositions were also being measured. Written dietary information will be provided. Those assessments will be repeated again after 3-4 months follow up. Patients who cannot complete the cardiac rehabilitation program, no PCI and defaulted dietetic OPD appointment were excluded.

Result

Total 66 patients completed the dietetic intervention. 59% patients had mean BMI decrease from 24.6 to 23.7Kg/ m². (-3.7%). Knowledge score improved from 1.7 to 2(+17% p<0.05); Attitude score improved from 3.7 to 4 (7%). The 24 hour dietary recalls shown 42% (p<0.05) of the patients improved their dietary compliance. Total

Cholesterol; LDL , Triglyceride and the body composition measurement such as %Fat; Fat tissue mass and Lean tissue mass are all significantly improved ($p < 0.05$). A carefully designed dietary intervention can help to improve the dietary compliance and hence avoid the recurrence of heart attack