



Service Priorities and Programmes Electronic Presentations

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Medical Nutrition Therapy for Hyperlipidemia patients

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Introduction

The Adult Treatment Panel IV (ATP IV) recommends a multifaceted lifestyle approach to reduce risk for coronary heart disease. Its essential features include dietary approach to lower LDL cholesterol of hyperlipidemia patients.

Objectives

This review evaluated the changes in lipid profile, namely triglyceride (TG), total cholesterol (TC), high-density lipoprotein (HDL) & low density lipoprotein (LDL), after dietetic intervention given at Dietetics Out-patient clinic at Our Lady of Maryknoll Hospital.

Methodology

A retrospective review of patients with hyperlipidaemia discharged from Dietetic Department from 2013 to April 2016 was conducted. These patients attended a Lipid Lowering Group Education for their first appointment and were then offered individual follow up appointments every ~3-4 months.

Patients' lipid profile on/before their first appointment were compared with those recorded on second appointment scheduled to evaluate the outcomes of dietetic interventions.

Result

A total of 236 patients was reviewed. The Wilcoxon signed rank test showed that their LDL (Median: 3.9 vs 3.5mmol/L, $Z = -7.906$, $p < 0.001$) decreased significantly. Paired t-test also showed that their mean TC lowered with significance (Mean: 6.00 vs 5.52mmol/L, $p < 0.001$). The mean reduction was 0.48mmol/L (95% CI: 0.36-0.60mmol/L).

Among them, 165 patients were on diet control only. Paired t-test showed that their mean LDL (Mean: 4.01 vs 3.71mmol/L, $p < 0.001$) and TC (Mean: 6.11 vs 5.78mmol/L, $p < 0.001$) decreased significantly. The mean reduction was 0.30mmol/L for LDL (95% CI: 0.19-0.41mmol/L) and 0.33 for TC (95% CI: 0.22-0.44mmol/L).

In conclusion, significant improvements in LDL and TC were observed in the subjects after dietetic interventions.