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Role of nutrition support in promoting energy intake in hospitalized patients

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Introduction

Adequate nutrition is essential to the recovery of hospitalized patients and to ensure that the length of stay is not unnecessarily lengthened due to malnutrition.

Objectives

To evaluate the outcome of nutrition support in hospitalized patients, a retrospective review was conducted on 73 patients received oral nutrition support in August 2016 during their hospitalization.

Methodology

One-day intake record before and after nutritional intervention was collected from I/O chart or by interviewing the patients/relatives. The energy content of the meals and supplements was then retrieved from DCMS to estimate the energy intake. Patients' energy intake per day before and after nutritional intervention were analysed by Wilcoxon Signed Ranks test by SPSS.

Patients/relatives were also interviewed for satisfaction survey.

Result

The Wilcoxon Signed Rank test revealed that their median total energy intake per day (median: 600 vs 950kcal, $Z = -4.335$, $p < 0.001$) increased significantly. Among them, 44 patients or their relatives completed the satisfaction survey. The survey showed that 88.6% of them were satisfied with the dietetic service and 79.5% were satisfied with the meals arranged by dietitians.

Nutrition support plays a significant role in promoting patients oral energy intake during their hospitalization. A high percentage of satisfaction on dietetic service and meals arrangement was also received from patients/relatives.