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A swallowing function as an indicator of total physical functional improvement in patients with cerebral hemorrhage

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Aim: To examine an association between functional improvement and nutritional factors in patients with cerebral hemorrhage.

Methods: All consecutive patients with cerebral hemorrhage in thalamic and/or putamen admitted to the recovery ward in a single institute between Apr. 2015 and Mar. 2017 were enrolled. The following data were collected in all subjects: [Demographics] sex, age, height, BMI, site of cerebral hemorrhage, hemorrhage volume (ml), Charlson Comorbidity Index (CCI), Grip strength (kg), Functional Independence Measure (FIM), [Nutritional parameters] daily energy/protein intake on the day after admission (day 1) and one day before discharge (day 2) (kcal or gram/kg of actual weight/day, respectively), oral/ total energy ratio (%) on day 1, [Functional parameters] FIM, Functional Oral Intake Scale (FIOS) on day 1 and 2, rehabilitation hours (expressed in unit), [Others] serum albumin [Outcome parameter] primary: FIM gain during 30, 60,and 90 days, FIM efficacy (FIM gain/LOS), the length of stay in the institute (days). After all subjects were divided into two groups according to FIM interest (cutoff value set at 23), all data of patents with FIM int≥23 (I group) and <23 (N group) were compared.

Results: Subjects' number was 41. (1) Data at admission, an oral intake (%) in I group was significantly higher (81 vs. 50%, p<.05), (3) Data at discharge, FIOS in I group was also significantly higher (6±2 vs. 4±3, p<.05), (3) By simple linear regression analysis, FIM gain was associated with age, LOS, FOIS and Alb at discharge (p<.05), (4) By multiple regression analysis, FOIS at discharge were associated with FIM gain (p<.001).

Conclusion: This study showed that functional improvements in patients with cerebral hemorrhage, expressed in FIM score, was strongly associated with swallowing function evaluated by FIOS at discharge.

Biography

Akiko Takezawa has expertise in Nutrition. She is doing Nutrition Management and Nutritional Guidance at Rehabilitation Hospital based on Japanese Nutritionist's license. On the other hand, she is conducting research on clinical nutrition in educational institution (graduate school). She is studying the effects of diet and nutrition rehabilitation on the clinical course and outcomes in patients with elderly.

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