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Prevalence of hyperglycemia among patients fed with enteral nutrition

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Hyperglycemia is a common complication of enteral nutrition therapy and its development during acute medical or surgical illness could be a marker of poor clinical outcome and mortality. The aim of this study was to identify the prevalence of hyperglycemia among patients who received enteral nutrition at the University College Hospital, Ibadan, Nigeria and also, to determine its impact on survival and functional outcome. A retrospective study was carried out at the Health Records Unit and the Department of Dietetics of the hospital by reviewing case notes of diabetic patients admitted in the hospital within a period of twelve months (February 2014 – January 2015). A data collection form was used to extract patients' demographic and clinical characteristics and the calorie levels of enteral feeds or diets administered from their case notes. Data was sorted and analyzed using the computer software, Statistical Package for Social Science (SPSS) version 20. Two hundred and forty-three (243) case notes were reviewed in this study with 35% of the patients diagnosed with Type 1 and Type 2 Diabetes Mellitus (DM) while 24.6% had hyperglycemia on admission. 60.5% of the patients did not have a history of DM compared to 39.5% who did. 79.6% of the patients developed diabetes during their hospital stay, revealing a high prevalence of hyperglycemia as well as a high survival rate among patients. Therapeutic diets administered ranged between 1800 – 2000 kilocalories with a significant reduction in mortality rate after administration. This study concluded that hyperglycemia is significantly associated with clinical diagnosis of the patients. Furthermore, it revealed that adequate knowledge of diabetes, hyperglycemia, and appropriate dietary management of blood glucose levels should be emphasized to improve clinical outcome in patients receiving enteral nutrition.

Biography

Funmbi Odediran Olatayo was born and raised in Nigeria, Africa. Growing in a medically inclined family, Funmbi learned at an early age the importance of living a healthy lifestyle and being active. After completing an undergraduate degree in Biochemistry at Olabisi Onabanjo University, Ago – Iwoye, Nigeria in 2009, she went ahead to work in various health and pharmaceutical companies such as Neimeth International Pharmaceuticals Plc. She also volunteered in public health promotion programs and acquired trainings and certification in a confectionery and cooking organization. It was during those years that she became interested in nutrition and dietetics; mainly how diet impacts our bodies and lifestyle habits. In 2014, Funmbi made the decision to acquire a Master of Human Nutrition and Dietetics degree from the University of Ibadan, Oyo state, Nigeria which she completed in 2016. Today, Funmbi is a health consultant, speaker and a seminar leader where she uses evidence-based strategies and guides to counsel professionals, active individuals, parents and children; providing them the knowledge to make simple, dietary changes to improve their health and performance and reduce their risk of diseases. Funmbi is also a writer and founder of www.funmbi.com where she writes and provide comprehensive and supporting articles on health and fitness, nutritious and healthy recipes for children and adults, and also, promotional materials on health care and wellness that is engaging, informative and easy to understand. These have been shared on various social media platforms such as LinkedIn, Facebook, etc. Outside of her work, Funmbi is an avid cook and a sport enthusiast who is married to a loving husband and enjoys being with friends and family, travelling and exploring new places, and reading.

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