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Food safety issue in hospitals

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A safe and nutritious food supply is a vital component of food security. Ensuring food quality and food safety is equally significant for the welfare of an individual, a community and a nation. Many human illnesses are food-related. Nutritional status and economic well-being are affected by food carrying pathogenic organisms and their toxins and by poisonous chemicals. Unsafe food, whether arising from poor quality supplies or inadequate treatment and preparation, increases the risk of foodborne infections such as diarrhea. These infections have a much higher impact on populations of poor nutritional status, where diarrhea can easily lead to serious illness and death. Food safety in hospitals is described as the scientific way by which food is prepared, handled and stored in hospital settings. Any food that is prepared in hospital kitchens are like food prepared in other places such as canteens, hotels and restaurants and even homes, sourced from outside. This food comes from suppliers whose hygiene has to be ensured. Food hazards can come in many forms, including, but not limited to biological, chemical, physical, and allergenic hazards. Indeed, poor nutrition and foodborne disease often join hands in a vicious cycle of worsening health. For example, poor nutritional status weakens resistance against diarrhea, which in turn, leads to the uptake of fewer nutrients and poorer nutritional status.

Biography

Bulbin Jose is a Registered Dietician, obtained MPhil degree in Foods and Nutrition from India with experience in multi-super specialty hospitals. She is currently a Sr. Clinical Dietician in Dubai Health Authority. She has been Chief Medical Nutritionist in Lakeshore Hospital and Research Center. She has capability to handle the dietary and nutrition departments, conducting training programs for both bachelor and master degree students and for those who are preparing for registered dietitian exam (RD), supervising and directing assistant dietitians, assisting doctors and college students for various research programs, teaching, counseling, menu planning for Ryles tube feeding, jejunostomy feeding planning enteral and parenteral feeds for critical care and ventilated patients and therapeutic diets.

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