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Role of nutrition in improving quality of quality of patient care

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According to WHO, health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Poor nutrition is linked to chronic diseases such as cancer, cardiovascular diseases, type-2 DM, osteoporosis and anemia among people, which greatly compromise the physical, social, psychological and emotional wellness of an individual. Hospitalized patients face many challenges including maintaining a good nutritional status and avoiding weight loss and malnutrition. However, research shows that the majority of patients in acute care centers suffer from various nutritional deficits weight loss and malnutrition. In some patients, the nutritional deficits can lead to cachexia, a specific form of malnutrition characterized by loss of lean body mass, muscle wasting and impaired immune physical and mental function. Furthermore poor nutritional status, weight loss and malnutrition can lead to poor outcomes for patients including decreased quality of life, decreased functional status, increased complication rates and treatment disruptions. These nutritional challenges increase mortality and morbidity status among patients. Early nutrition screening and intervention is vital in these patients to help prevent this nutritional decline and to help patients to get better health care outcome. The goals of nutritional support in hospitalized patients are numerous and include maintaining an acceptable weight and preventing or treating malnutrition, leading to better tolerance of treatment and its side effects, more rapid healing and recovery, reduced risk of infection during treatment and enhanced overall survival. Therefore, multidisciplinary approach among all healthcare professionals is necessary to identify patients with nutrition risk to provide the appropriate and effective nutrition interventions.

Biography

Registered Dietician, M. Phil degree in Foods & Nutrition from India, with experience in multi super specialty hospitals. Capability to handle the dietary & 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 Rhyles tube feeding, jejunostomy feeding planning enteral and parenteral feeds for critical care and ventilated patients and therapeutic diets.

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