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Assessment of Nutritional Status of The Cirrhotic Patients on Enteral and Parenteral Feeding: A Cross Sectional Study**Mahwish Aslam***University of Lahore, Pakistan*

Cirrhosis is a slowly progressing irreversible disease in which healthy liver tissue replaced by the scar tissue. The prevalence of cirrhosis in the United States is approximately 0.27%. The objectives of this study were to assess the nutritional status of the cirrhotic patients on enteral and parenteral nutrition's and to assess the degree of malnutrition among cirrhotic patients. It was a cross sectional study conducted at Jinnah, Shalamar and Shiekh Zayed Hospitals of Lahore from January-April 2017. Convenient sampling technique was used and inclusion criteria was the patients with Decompensated liver cirrhosis whereas Compensated patients with 1st, 2nd and 3rd stage of Cirrhosis were excluded from the study. Data collected through patient's file, nurses and dietitian's notes. Nutritional status of participants was assessed on the basis of socio-demographic characteristics and nutritional assessment-ABCD (Anthropometric measurements, Biochemical assessment, Clinical signs, Dietary Recall). Descriptive statistics like (mean and standard deviation) were calculated for all continuous variables. Variables were categorized and compared to observe the level of significance in enteral and parenteral nutrition. SPSS version 22 used to analyze data. The patients on parenteral nutrition had higher ratio of malnutrition and the significance of malnutrition with child plug score was 61.8% patients had class C and 35.3% class B while in enteral support 7.3% were having class C and 43.9% patients with class B with (p-value= 0.000). There was a strong relationship observed in the route of intake and malnutrition among cirrhotic patients. Enteral nutritional support is a safe and effective way to provide increased nutrition when a patient is unable to meet their basic needs by mouth.

Biography

Mahwish has completed her Mphil in Human Nutrition and dietetics at the age of 24 years from University Of Lahore, Lahore, Pakistan. She has done her Bechelors at Doctor of Nutritional Sciences from university of south asia. She is currently working as a consultan dietetian in Qasim Central Hospital, Daska, Sialkot. She has 3 publication in well reputed journals and upto 7 article has been submitted in multiple journals, giving full consideration.