From Essentiality to Quality of Life:
Assessing “Distinctive Nutritional Requirements” in Different Clinical Contexts
Winchester Medical Center
Role of the Registered Dietitian

4 Steps for Addressing Malnutrition

1. Screen and recognize all patients at risk of malnutrition
2. Rapidly implement nutrition intervention and continue monitoring for effectiveness
3. Communicate and document diagnosis with supporting evidence and intervention
4. Include nutrition in every discharge plan with education on why nutrition is important to recovery
## Indications for Enteral Feeding

<table>
<thead>
<tr>
<th>Indications</th>
<th>Examples</th>
</tr>
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<tbody>
<tr>
<td>Unconscious patient</td>
<td>Head injury, ventilated</td>
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<tr>
<td>Swallowing disorder</td>
<td>Post-CVA, multiple sclerosis</td>
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<tr>
<td>Partial intestinal failure</td>
<td>Post-op ileus, short bowel syndrome</td>
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<tr>
<td>Upper gastrointestinal obstruction</td>
<td>Esophageal stricture</td>
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<tr>
<td>Increased nutrient requirements</td>
<td>Cystic fibrosis, renal disease</td>
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</tbody>
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Routes of Enteral Access

Enteral Formulas

• Composition and Characteristics
  • General-purpose
  • Nutrient-dense
  • Oncology
  • Critical Care/immune-modulating
Enteral Formulas Cont.

- Diabetes/glucose intolerance
- Hepatic disease
- Impaired GI digestion/absorption
- Renal disease
- Ketogenic
Case Study

• 23 yo female with phenylketonuria s/p motor vehicle collision
  • Ventilated for 17 days
• Cortrak placed hospital day 2
• Phenyl-free formula
  • Day 4 of enteral nutrition added small amount intact protein formula
• Extubated day 18, failed swallow study by Speech Therapy
• Continued with nasogastric tube for another two weeks until gastrostomy tube placement
Transitions in Enteral Support

- Establish 75% estimated needs met
- Nasogastric or orogastric to surgically placed tube
  - Consideration for location of feeding tube
- Short term or life-sustaining
Summary

• Provides complete nutrition and improves quality of life
• Intervention for treatment of malnutrition
• Specialized formulas to treat multiple disease states
  • Clinically meaningful health outcomes and quality of life