



Liver Cirrhosis: Impact Of Nutritional Regimen On Patients Outcome

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Abstract:

Abstract : Death rate of liver cirrhosis is 41.6% in Egypt. It is important to assess the nutritional status of this group of patients and design nutritional regimen because these patients suffer from protein calorie malnutrition. The aim of this study was assessment of the impact of a designed nutritional regimen on patients with liver cirrhosis. Patient and Methods: 60 adult patients with liver cirrhosis as a study group and 20 patients as a control group, the study were conducted at Tropical Medicine and Gastroenterology Department at Asyut University hospital. Tools utilized for data collection were :(I) patient assessment sheet (II) nutritional assessment sheet, and (III) Construction of nutritional regimen. Results: The most common malnutrition risk factors were dry mouth, taste alteration, food intolerance, multiple medications and the presence of ascites. Number of patients who didn't suffer from malnutrition increased post implication of the nutritional regimen one and three months later. Conclusions: the application of the nutritional regimen for patients with liver cirrhosis showed an improvement in patient's nutritional status. Recommendations: Nutritional support and regimen, advice and guidelines by dietitian should be undertaken for all cirrhotic patients to prevent occurrence of complications of malnutrition and improve clinical outcome.

Keywords:

Designed nutritional regimen, Liver cirrhosis, Patient outcome

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