

World Congress on

# Nutrition and Obesity Prevention Source

November 16-18, 2017, Barcelona, Spain

## Evaluation of Malnutrition Risk in General Surgery Clinic Inpatients

**Alev Keser<sup>1</sup>, Esmâ Asil<sup>1</sup>, M. Volkan Yılmaz<sup>1</sup>, Ezgi Karataş<sup>1</sup>, Sinem Erem<sup>1</sup>, Eren Canbolat<sup>1</sup>, Jıyan Aslan Ceylan<sup>1</sup> and A. Özfer Özçelik<sup>1</sup>**

<sup>1</sup>*Department of Nutrition and Dietetics, Ankara University, Faculty of Health Sciences, AktaşMah. Plevne Cad. No:5 Altındağ, Ankara, Turkey*

**Introduction and Aim:** Malnutrition of inpatients, who applied to hospital for any reason, negatively effects the success of the treatment, may prolong the time needed for recovery and therefore may extend duration of stay in hospital. The purpose of this study is to evaluate prevalence of malnutrition and to identify the patient group who under the risk of malnutrition in general surgery clinic patients. Method: The study conducted on all patients (n=131) who was inpatient in general surgery clinic without noticing their duration of stay in May 2015. Patient who didn't cooperate are excluded to ensure data plausibility. General informations were questioned, Nutrition Risk Screening 2002 (NRS 2002) and Subjective Global Assessment (SGA) applied to evaluate nutritional risk and to determine degree of malnutrition, respectively, by well-trained dietitians. According to SGD scores patients grouped into "mild to moderate" and "severe malnutrition".

**Results:** Age of the patients were between 18-87 years (57.6±15.3 years) and 54.2% of them were female. Most frequent diseases that cause patients to stay in the clinic were oncologic diseases (22.1%), gastrointestinal diseases (16.1%) and hernia and appendicitis (13.0%). Diabetes (27.5%) and hypertension (26.7%) were the most frequent comorbidities. According to NRS 2002, 40.5% of patients were under the risk of malnutrition. On the other hand, SGA results showed that %26.7 of patient had mild to moderate and 17.6% of them had severe malnutrition. When we compared NRS 2002 and SGA results, 88.7% of patients who were under the risk of malnutrition, had already malnourished.

**Conclusion:** This study showed malnutrition is frequent in inpatients of general surgery clinic. Therefore, nutritional evaluation of inpatients has to be a routine and, if necessary, nutritional support has to be provided immediately. Early diagnose of malnutrition with nutritional screening tools may contributes to lower health burden.

### Biography:

Alev Keser is Assoc. Prof. Dietician at Ankara University (Turkey), Faculty of Health Sciences, Department of Nutrition and Dietetics. She received her master's and doctorate degrees from the Department of Nutrition and Dietetics at Hacettepe University. Dr. Keser worked as dietician eight years at Kocaeli University Medical Faculty Training and Research Hospital, Division of Pediatrics Endocrinology and Diabetes. Her main research interests include childhood obesity, diabetes, metabolic syndrom and food addiction.