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Nutritional status of surgical and orthopedic patients: Ward 3A

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Objective: To evaluate nutritional conditions of patients undergoing surgery in Ward 3A, Srinagarind Hospital, for malnutrition can have an impact on wound healing and post-surgery rehabilitation.

Method: This descriptive study was performed on 86 patients. The data was collected via questionnaire on general baseline data; a nutritional screening test; an evaluation form for nutrition condition for 4 months (December 2014 to March 2015). The statistical analysis comprised frequency distributions, means and percentages.

Result: The sample group was mostly composed of females; 56 out of 86 (66%), 77 were married (90%), 55 completed elementary education (64%), 80 used the universal health insurance (93%), 60 had normal food (70%), 63 had alimentary, liver and bile duct diseases (67%), 65 did not have any oral health problem (66%). The nutritional screening test showed 18 cases at high risks (21%). The results of 18-item risk screening test showed that the number of males was higher than females, i.e., 10 cases (56%), 11 were younger than 60 years of age (61%), 16 had alimentary, liver and bile duct diseases (89%). Evaluation of nutrition condition based on: MAC, TSF, and MAMC revealed 10 cases, 14 cases (78%) and 8 cases (44%) at mild to severe malnutrition, respectively.

Conclusion: The patients had high risks of malnutrition. The highest number of risk cases had alimentary, liver and bile duct diseases. Evaluation of the risk group uncovered many patients having mild-severe malnutrition. Good nutritional condition evaluation should be based on many methods for high accuracy and hence the patients will receive appropriate nutritional care from the multi-professional team.

Biography

Pusda Pukdeekumjorn has completed Master's degree of Nursing from Khon Kaen University. She is the Head Nurse of 3A Ward, Nursing Division, Srinagarind Hospital, Faculty of Medicine, Khon Kaen University, Thailand. She has published more than 3 papers in reputed journals.

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