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Nutritional status of surgical patients (burn patients)

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Background: Nutritional status is an important factor in burn patients. It can help wound healing. If the patients have good nutritional status, wound healing process can occur more easily. It can boost the immune system leading to decreased infection, reduce length of hospital stay and save cost to patients and caregivers. Most burn patients have high risk nutritional status. Evaluation of nutritional status and developing the treatment by an interdisciplinary team will improve quality of care to excellent.

Objective: To study the nutritional status of burn patients in Burn Unit at Surgical and Orthopedics Nursing Division, Srinagarind Hospital.

Material & Method: This is a descriptive study. To evaluate the nutritional status of 20 burn patients admitted in Burn Unit between November 1, 2014 and September 30, 2015. The instruments used in this study consisted of two parts: Personal data and screening nutritional status. The data were analyzed by percentage and mean.

Result: A sample of 20 patients of age 18-82-year-old. The average age of patients were 38.05 years, status married 60%, male 75% regular high protein diet 50% and liquid diet 50%, problem oral cavity of health status 25%. The most common burns were flame burn 60%, electrical burn 25 % and scald burn 15%, high risk nutrition was 80% and 100% in major burn. The nutritional support team was involved with 80% of patients. The average length of hospital stay in high risk nutrition was 36.94 days.

Conclusion: High risk nutrition status of all burn patients were 80% and 100% in major burn, patients with oral cavity and eating problems were 25%. Nutritional support team service used in 80%

Biography

Urawadee Charoenchai has completed her MNS (Adult Nursing) in 1998 from Faculty of Nursing, Khon Kaen University, Thailand. She is the Head Nurse of Burn Unit, Srinagarind Hospital and has her expertise is burn care.

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