

+ Dietetiek



Screening on
malnutrition



Malnutrition

Malnutrition due to illness is worldwide a very common problem in Hospitals. We would like to inform you by means of this folder about the project on malnutrition in the Dr. Horacio Oduber Hospital (HOH).

What is malnutrition?

We speak of malnutrition or an insufficient nutritional state when the body has a deficiency of calories and proteins and eventually also other nutrients as result of an illness. Deficiency of nutrients can occur when a person eats less than its increased nutritional need due to the illness. This happens because of diminished appetite, nausea, fatigue, pain, ect.

Consequences of malnutrition

Malnutrition can have negative consequences, such as:

- An increased risk for infections due to diminished resistance
- Slow wound healing
- Undesired weight loss
- An increased risk for complications due to illness

Malnutrition can cause delay in the healing process.

The screening method in the hospital

All patients will be screened by a nurse at admission. The nurse will be asking you 3 questions about undesired weight loss and diminished appetite in the past 3 months.

The screening score

If you have a score of 0-1, no treatment will be needed. You are not at risk.

If you have a score of 2 or higher, you are malnourished or at risk for malnutrition.

Enriched snacks will be introduced and the dietitian will be consulted..

The treatment of malnutrition

During your stay in the Hospital snacks will be offered at 10:00am, 2:00pm and 8:00pm to enrich your diet with calories and proteins. To mention some snack choices: milkshakes, fruit yoghurt, fruit shakes, etc. Your nutrition intake will be also registered daily on a form.

Did you know that?

Malnutrition comes with: loss of appetite, lethargy, nausea, etc.

Did you know that?

Those that eat and drink well feel fit and have a better resistance. This person will heal faster in case of an illness.

Did you know that?

Overweight people can also be malnourished.

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