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Nutritional therapy approach for post ileostomy ET cause multiple diverticulitis ileum

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Background: Obesity could cause multiple diverticulitis induce dietary high fat and low fiber in daily diet. This case especially Ileum diverticulitis, is a gastrointestinal disease characterized by inflammation of abnormal pouches - diverticuli - which can develop in the wall of the small intestine, symptoms typically include upper abdominal pain of a sudden onset. The onset of symptoms however, may also occur over a few days. Other symptoms could be nausea, constipation and diarrhea, gastrointestinal intolerance, electrolyte imbalance and vitamin B12 mal-absorption. The main principle in management of wound healing in ileum diverticulitis is recurrent prevention by changing diet, where clinicians need to identify this condition in the patient and improve postoperative outcome and accelerate wound healing and administration of appropriate diets.

Methods: A 39 years old female with obesity history was consulted to clinical nutrition department with moderate malnourished patient. SGA SCORE B due to inanition in 5 month previously, body weight had decreased for around 10%; 24 hours food recall was about 868.5 kcal. The patient metabolic status was: Anemia, immune system depletion, hypo-albuminemia, hyper-bilirubinemia, hypokalemia and normal gastrointestinal function. Nutritional therapy based on Harris-Benedict equation was 1900 kcal, (protein 22%, carbohydrate 55% and fat 23%) and admitted *via* oral and parenteral nutrition containing Branched-Chain Amino Acid (BCAA), glutamine, micronutrient and vitamin to accelerate wound healing process.

Result: After 60 days, there were improvements in nutritional status based anthropometric, laboratory value and faster process of postoperative wound healing.

Conclusion: Optimal nutrition supported postoperative multiple diverticulitis improvement by giving low fat and high fiber, high protein contain BCAA and glutamine, micronutrients and vitamins.

Biography

Febryan Agus Pramuyo has his expertise in evaluation and passion in improving the health and wellbeing. His open and contextual evaluation model based on responsive constructivists creates new pathways for improving healthcare. He is evaluating patient in low-fiber diet with gastrointestinal inflammation in obese people can create a disease called diverticulosis. He is a Clinical Nutrition Resident at Hasanuddin University in Makassar, South Sulawesi, Indonesia. He is very concerned about most people with obesity who consume a lot of meat but lacks fiber foods and its impact will may cause diverticulosis.

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