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Nutritional therapy in patient with congestive heart failure

Maria Angela and Agussalim Bukhari
Hasanuddin University, Indonesia

Background: Congestive heart failure is a chronic and progressive disease, with one of the symptom is a fluid retention as a result of reduced heart's ability to pump blood.

Case Report: A 40 year-old moderate malnourished male patient was diagnosed with congestive heart failure and dilated cardiomyopathy for 14 months. There is history of several times hospitalization in the past 6 months. Patient was readmitted 2 weeks ago with major complaints shortness of breath. Oral intake was reduced. Patient's BMI before diagnosed with heart problem was 33.9 kg/m², and the BMI in primary survey was 24.6 kg/m². Vital sign within normal range, only ascites was found in physical examination accompanied by limited functional capacity. There were abnormal values for WBC, TLC, uric acid and sodium serum. Nutritional assessment was based on subjective global assessment. Nutritional therapy was given gradually with target energy 1750 kcal and protein 1.1 g/kg IBW/day. Fluid requirement was adjusted to the patient's fluid output by maintaining a negative fluid balance. Nutrition target was achieved by seventh day of nutritional therapy, in conjunction with improved physical activity and laboratory values.

Conclusion: Obesity contributes to the occurrence of cardiomyopathy. Nutritional therapy and fluid management are crucial in holistic care medicine for patients with congestive heart failure to reduce mortality.

Biography

Maria Angela is a Clinical Nutrition Specialist Program Participant in Faculty of Medicine, Hasanuddin University, Makassar, Indonesia. She has earned her Medical Doctorate at Wijaya Kusuma Surabaya University in 2011. She has worked at Premier Hospital Surabaya for 3 years as a Resident Medical Officer and was joined in Palliative Team for cancer patients. In 2015, she enrolled in Clinical Nutrition Specialist Program at Hasanuddin University.

angela.turangan@gmail.com

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