

20TH GLOBAL OBESITY MEETING

August 24-25, 2018 Singapore

Nutrition therapy for overweight burns patient with hypoalbuminemia

Sentot Handoko and Agussalim Bukhari
Hasanuddin University, Indonesia

Background: Burns is damage and or loss of tissue due to contact with sources that have very high temperatures. Malnutrition can lengthen the treatment and wound healing. Nutritional therapy is an important step in the management of burn.

Methods: A 23-year-old woman was consulted to clinical nutrition department with complaints of being unable to eat by oral for burns on the entire face and suspected with inhalation trauma. Laboratory tests found albumin 2.8 g/dL, Upper Arm Circumference (UAC) 33 cm. Overweight nutrient status (115.8%), total energy expenditure 2300 kcal/day, with protein 20-25%, carbohydrate 55-65% and fat 20-30%. Hypoalbuminemia corrected with a protein intake of 2-2.5 g/KgBW/day; supplemented by vitamin B complex, zinc, vitamin C and vitamin A.

Results: After 13 days, patient's nutritional status had been improved the laboratory value. Wound healing becomes better.

Conclusion: Proper nutrition therapy and supplementation can maintain or improve nutritional status of the patient and accelerate the healing process of burns.

Biography

Sentot Handoko is a Resident of Clinical Nutrition Department, Medical Faculty of Hasanuddin University Makassar, Indonesia since 2015. He has completed his graduation as Medical Doctor in 2001 at Medical Faculty of YARSI Jakarta, Indonesia. He has worked at Simpangan Depok Hospital, West Java, Indonesia since 2009 until 2015 and he has been working at Indonesia's Patent of Contraception Organization since 2013.

senthand@yahoo.co.id

Notes: