

عنوان مقاله:

STUDY OF NUTRITIONAL STATUS OF PATIENTS HOSPITALIZED IN EMAM ALI HOSPITAL OF ZAHEDAN, 2016

محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

تعداد صفحات اصل مقاله: 1

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خلاصه مقاله:

Background and Aim: Malnutrition is highly prevalent in developing countries. The patients hospitalized in hospital may also be at high nutritional risk. However, their nutritional status is poorly documented. The aim of study was to estimate prevalence of malnutrition at hospitalized patients. **Methods:** In this study, 450 adult patients (mean aged; 44.6 ± 15.3 years) were selected from a general teaching hospital in Zahedan, south-east of Iran. The patients were recruited within 72 hours of admission to hospital from different wards including surgery, nephrology, gastroenterology and CCU. The nutritional data including appetite assessment and gastrointestinal problems, and also anthropometric parameters including the weight, height, BMI and mid-upper arm circumference (MUAC) and serum albumin levels were assessed. The Malnutrition Universal Screening Tool (MUST) criteria were used to assess malnutrition. **Results:** According to the MUST criteria, 40% of patients had malnutrition. 71.9 % had serum albumin $< 3\text{g/dL}$. 53.6% arm upper circumference (MUAC) $< 5\text{th}$ and 50.9% had hospitalized readmission. 56.2% of patients in the age group > 50 years old were at high risk of malnutrition. The highest prevalence of malnutrition was observed in nephrology ward (48%). **Conclusion:** This study shows that malnutrition is widely prevalent in hospitalized patients. Since, nutritional status may be deteriorated during hospital stay, it is suggested that nutritional screening by a simple procedure are applied at admission to hospital.

کلمات کلیدی:

Malnutrition, Hospitalized patients, Adults

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