

## عنوان مقاله:

Developing a nutritional model for the prevention and treatment of malnutrition in children admitted to treatment centers and assessing its effectiveness

## محل انتشار:

مجله بین المللی کودکان, دوره 5, شماره 9 (سال: 1396)

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## خلاصه مقاله:

**Background** The present study is aimed to develop a nutritional model for the prevention and treatment of malnutrition in children and its effectiveness in patients admitted to Mofid children s hospital. **Materials and Methods** This study was conducted as an interventional controlled clinical effectiveness trial with control group. The study population included children aged more than 1 year and under 10 years old who were admitted to the Mofid Children s Hospital in 2013-2014. **Results** In our study, boys and girls accounted for 50% and 50% of 300 children with malnutrition who were hospitalized for various reasons. All three groups were homogenous in terms of growth index,. After the use of the F100 solution, the growth index was improved and malnutrition severity, moderate malnutrition and mild malnutrition were improved by about 78%, 64% and 32%, respectively. In the nutrition counseling group, which had food orders and calorie intake, malnutrition severity was improved about 11%, 39% still had severe malnutrition and 60% had moderate malnutrition. There was a statistically significant relationship between the consumption of F100 solution and improvement of growth indices and serum albumin levels. **Conclusion** Children who are admitted to hospital for various reasons should be evaluated in terms of growth index so that their malnutrition is not exacerbated in the hospital. The use of the F100 solution that can easily be provided by families is an acceptable and accessible supplement for malnourished and underage children.

## کلمات کلیدی:

Malnutrition, Nutritional model, Children, F100 solution

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