



Pitfall in nutrition for prevention and treatment of pressure injury

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Legal Perils and Pitfalls of Wound Care: Nutrition Assessment, Support, and Documentation Part 4

“Defendants failed to provide adequate nutrition to prevent plaintiff from suffering severe malnutrition and weight loss. This allowed the development of a severe pressure ulcer, numerous infections, and dehydration and malnutrition. Had defendants provided proper care, the pressure ulcer, infections, and malnutrition and dehydration would not have occurred.”

by Heidi Cross, MSN, RN, FNP-BC, CWON

<https://www.woundsource.com/blog/legal-perils-and-pitfalls-wound-care-nutrition-assessment-support-and-documentation-part-4>



<https://www.istockphoto.com/th>

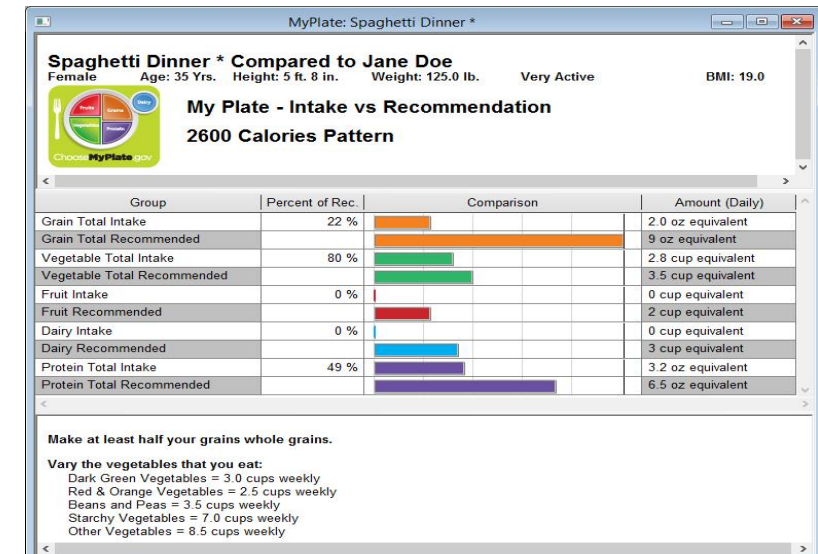
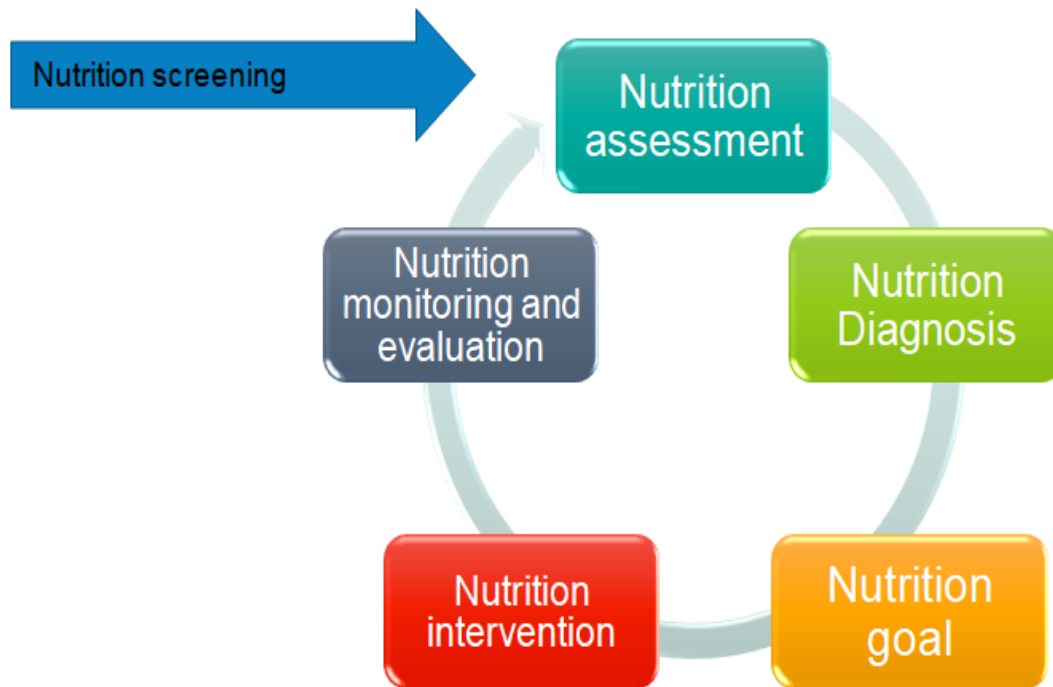
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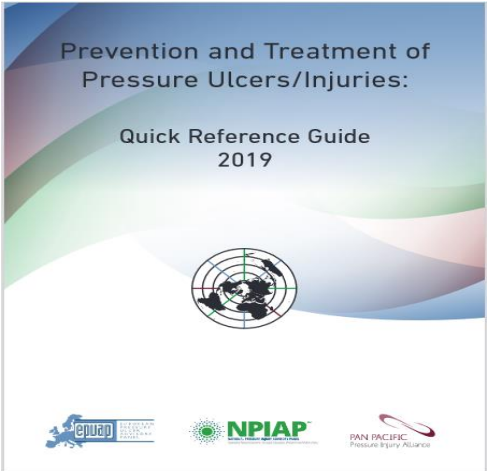
Nutrition Care Process

Diet report/ Document



<https://esha.com/products/food-processor/reports/>

Pitfall in nutrition for prevention and treatment of pressure injury

Nutrition Assessment	Recommendations	Strength of Evidence	Strength of Rec.
	Conduct nutritional screening for individuals at risk of a pressure injury.	B1	↑↑
	Conduct a comprehensive nutrition assessment for adults at risk of a pressure injury who are screened to be at risk of malnutrition and for all adults with a pressure injury	B2	↑↑

- **Traditional assessment techniques is a contributing factor to pressure ulcer development.**
- Serum albumin is below 3.3g/dL and the total lymphocyte count is below 1,220 mm.
- The assessment of food intake was **vague and subjective**. Intake is simply described as ‘**normal, insufficient, parenteral or no intake**’



Valid nutritional screening tool

- Mini Nutritional Assessment (MNA ®)
 - <https://www.mna-elderly.com/sites/default/files/2021-10/MNA-thai.pdf>
- Malnutrition Universal Screening Tool (MUST)
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4532677/>
- Short Nutritional Assessment Questionnaire (SNAQ)
 - <https://www.fightmalnutrition.eu/toolkits/hospital-screening>
- Nutritional Risk Screening (NRS 2002)



Nutrition Screening and assessment in Thailand



แนวทางปฏิบัติของการคัดกรองและการประเมินภาวะโภชนาการที่เหมาะสมสำหรับประเทศไทย

SPENT Nutrition Screening Tool

ผู้เข้ารับการรักษาในโรงพยาบาล

คัดกรองด้วย 4 คำถาม

1. น้ำหนักลดลงโดยไม่ตั้งใจภายใน 6 เดือน
2. ได้รับอาหารน้อยกว่าที่เคยได้ (เกิน 7 วัน)
3. ดัชนีมวลกาย <18.5 หรือ ≥25
4. มีภาวะวิกฤติ หรือ ทั้งวิกฤติพร้อมด้วย

If ≥2/4 "Yes" → → Nutrition Assessment

สมาคมผู้ให้อาหารทางหลอดเลือดดำและทางเดินอาหารแห่งประเทศไทย (SPENT), 2560.

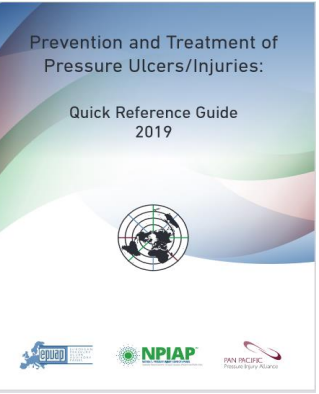
Recommended Nutrition Assessment Tools in Thailand



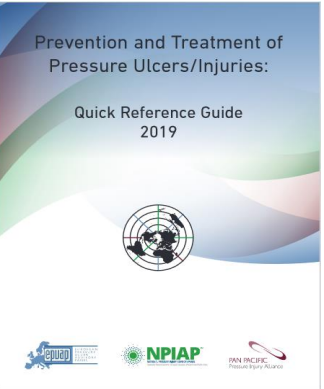
The image shows two forms used for nutrition assessment in Thailand. On the left is the 'Nutrition Alert Form (NAF)', which is a grid-based form with various assessment criteria. On the right is the 'Nutrition Triage (NT)' form, which includes a detailed assessment table and a section for clinical notes. Both forms are presented as recommended tools for use in Thai hospitals.



Nutrition Support

Nutrition care	Recommendations	Strength of Evidence	Strength of Rec.
	Develop and implement an individualized nutrition care plan for individuals with, or at risk of, a pressure injury who are malnourished or who are at risk of malnutrition.	B2	↑↑

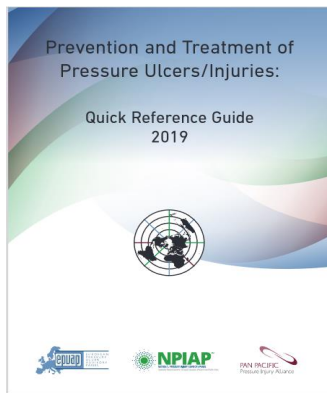
Nutrition Support

Nutrition care	Recommendations	Strength of Evidence	Strength of Rec.
	<p>Provide 30 to 35 kcal./kg. body weight/day for adults with a pressure injury who are malnourished or at risk of malnutrition.</p>	<p>B1</p>	<p>↑</p>
	<p>Provide 1.2 to 1.5 g. protein/kg. body weight/day for adults with a pressure injury who are malnourished or at risk of malnutrition.</p>	<p>B1</p>	<p>↑↑</p>



Nutrition Support

Nutrition care

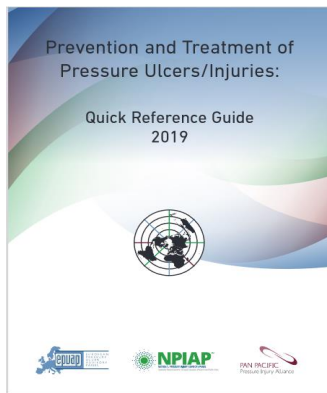


Recommendations	Strength of Evidence	Strength of Rec.
Offer high-calorie, high-protein fortified foods and/or nutritional supplements in addition to the usual diet for adults who are at risk of developing a pressure injury and who are also malnourished or at risk of malnutrition, if nutritional requirements cannot be achieved by normal dietary intake	C	↑
Offer high calorie, high protein nutritional supplements in addition to the usual diet for adults with a pressure injury who are malnourished or at risk of malnutrition, if nutritional requirements cannot be achieved by normal dietary intake.	B1	↑↑



Nutrition Support

Nutrition care



Recommendations	Strength of Evidence	Strength of Rec.
Provide high-calorie, high-protein, arginine, zinc and antioxidant oral nutritional supplements or enteral formula for adults with a Category/Stage II or greater pressure injury who are malnourished or at risk of malnutrition.	B1	↑

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Functional Foods เป็นอาหารที่อยู่กึ่งกลางระหว่างอาหารที่พบเห็นได้ทั่วไป แต่ไม่ถึงกับเป็นอาหารทางการแพทย์



ที่มา : วิเคราะห์และรวบรวมข้อมูลโดย Krungthai Macro Research
Background photo & Vectors graphics created by freepik

https://krungthai.com/Download/economyresources/EconomyResourcesDownload_427functional_food_paper_final.pdf

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Nutrition

Monitoring and Evaluation

- Meet calorie and protein needs
- ระบุปริมาณอาหารที่ผู้ป่วยกินได้จริง
- ติดตามและบันทึกอย่างถูกต้อง

Once again impaired nutritional intake was found to be a 50% predictor for the future development of a pressure injury.

การประเมินขาดแคลน

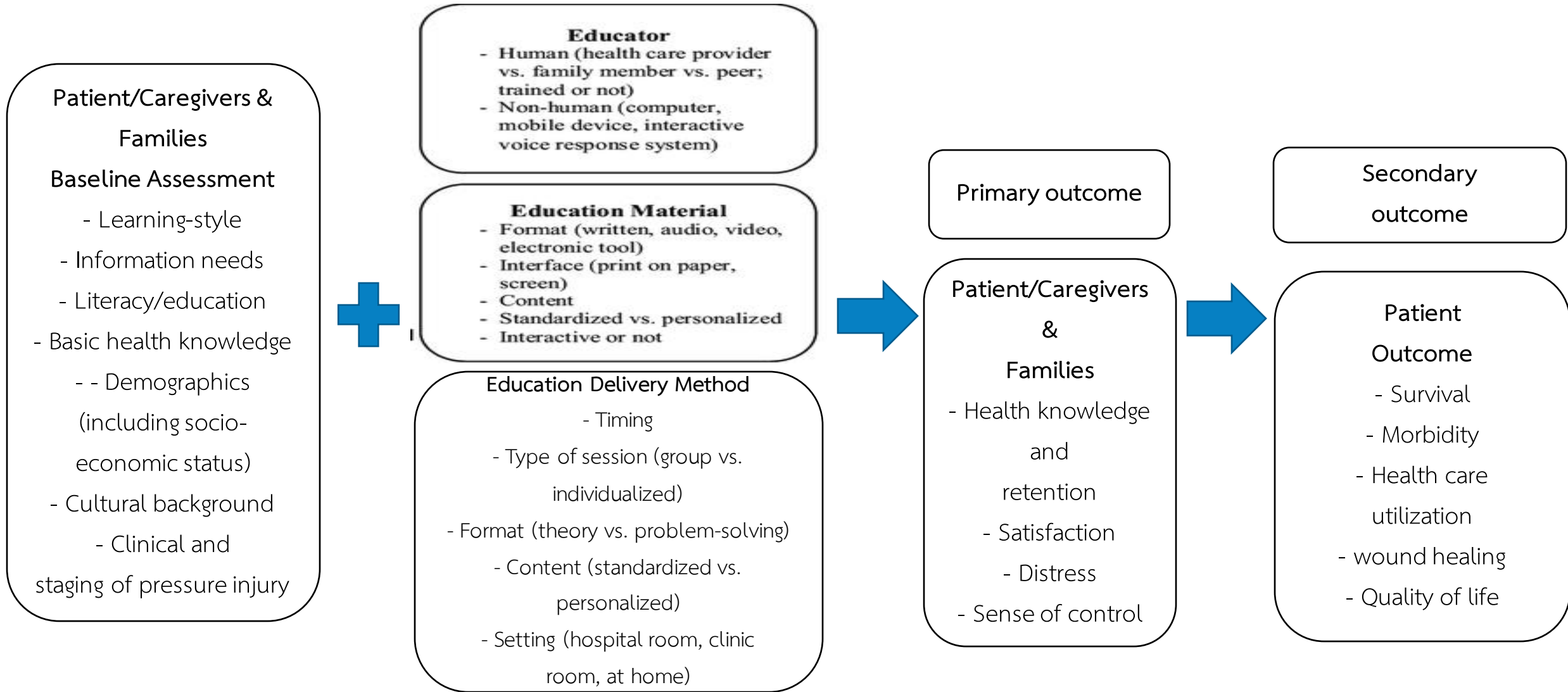
ฟันขาด

ขอบ
แผล

ผิวหนังรอบ
แผล



Patient/ care giver education



Thank you



