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**Original article:**

**Study of nutritional intervention and assessment in surgical patient**

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**Abstract**

Introduction: The philosophy of nutritional support in the surgical patient has evolved greatly over the past two to three decades. Whereas dextrose-containing intravenous fluids or waiting until a patient was able to take an oral diet was considered adequate in years past, early aggressive nutritional support within the first 12-24 hours post-injury is now recognized as being essential to improving patient outcome. There is no uniform consensus on a reliable nutritional assessment method. This study attempts to integrate nutritional evaluation with appropriate interventional techniques to achieve optimal outcomes in patients undergoing treatment for surgical illnesses. Aims- To assess the various modes of nutritional intervention and to identify the best way of nutritional intervention and evaluate their outcomes regards to nutrition.

Methodology: There were 38% of patients in **Type Ia** nutritional intervention group who received parenteral supportive therapy in addition to enteral feeds and they stayed for 15 days in the hospital on an average. Another 38% of patients with the same length of hospital stay were in group **Type lb** —requiring forced oral feeds through tubes. **Type II** patients receiving total parenteral nutrition were 24% of them with an average stay of 13.25 days. On an average, 42% of patients showed a gain in BMI, 40% recorded a net loss and 18% of them remained stationary and 40% of patient shows gain in Mid-arm circumference (MAC),34% patient loss and 36% remained stationary during the study period. The ease was different with Sr. protein levels 40% showed a net gain, 34% a net loss and 36% remained stationary.

Results and conclusion: Nutritional deficiency is very much prevalent among surgical patients irrespective of age, sex and disease conditions, both before and after the surgical procedures. Patients should be categorized according to the needs as to who will perceive enteral or parenteral nutrition. Both these modalities are equally effective when used under appropriate circumstances and for adequate duration. Early introduction of these is also very important. Anthropometry and biochemical parameters are both effective and sufficient to assess the nutritional status of the patients and also to evaluate adequacy of nutritional therapy.