

Nutrition Therapy for Hemiparesis of Non Hemorrhagic Stroke

Silvia, Nurpudji A Taslim
Department of Nutrition, School of Medicine, Universitas Hasanuddin, Makassar, Indonesia

Non-Hemorrhagic Stroke (NHS) is a disorder of function or damage to the brain tissue as a result of reduced blood flow to the brain, which disrupting the supply of blood and oxygen to the brain tissue. Nutritional therapy goals for patient are providing adequate macronutrient and micronutrients requirements, achieving and maintaining electrolyte balance. We reported A 65-year-old moderately malnourished male patient was diagnosed hemiparesis due to non hemorrhagic stroke. He had a decrease of oral intake due to loss of appetite for 16 days. Moreover, he also had a dysphagia. On physical examination we found weakness on the right limbs. Nutritional assessment was made based on Subjective Global Assessment. Abnormal laboratory findings were hypoalbuminemia (2.8 g/dl), hypoproteinemia (5.7 g/dl) and hyponatremia (133 mmol/L). Nutritional therapy was given gradually with total energy expenditure target 1900 kcal (start from 950 kcal). Protein 1.5 g /kilogram of ideal body weight/day, carbohydrate 237.5 g, fat 63.75 g via enteral. Electrolyte correction was given with a strict monitoring. We administered some supplementation including zinc, vitamin B1, vitamin B6, vitamin B12, folic acid and snake head fish extract high content of protein albumin (Pujimin®). After 10 days, laboratory values were improved (albumin serum 3.0 g/dl), (protein serum 6.4 g/dl), (natrium 139 mmol/L).

Biography

Silvia has completed her MD at the age 23 years from School of Medicine Universitas Hasanuddin, Makassar, Indonesia. She is a third-year Clinical Nutrition Resident at Department of Nutrition, School of Medicine, Universitas Hasanuddin, Makassar, Indonesia.

Presenting author details

Full name : Silvia
Contact number : +6285242296666
Twitter account : -
Linked In account : -
Category : Poster presentation