

Nutrition Therapy in Impending Respiratory Failure due to Myasthenic Crisis in Malnutrition

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Myasthenia gravis is an autoimmune disease caused by autoantibodies, focused on acetylcholine receptor which caused fluctuating weakness/fatigue characteristics. The aim of nutritional therapy in myasthenia gravis patients was to fulfill macro and micronutrients, reduce inflammation, improve the immune system and nutritional status. We reported a 22-years old women with moderate malnutrition (SGA score B) in the ICU and diagnosed with myasthenic crisis, complaints of respiratory failure with mechanical ventilator, weakness of the bulbar muscles and extremities. She had four times readmission due to respiratory failure and dysphagia with length of stay period from 1 to 2 months. A history of unintentional weight loss was ± 20 kg in the last 9 months. We found anemia and muscles wasting. Laboratory finding are anemia (10.3 g/dl), leukocytosis (14200 /µL), immune system depletion (total lymphocyte count/ TLC 1180 /µL), severe hypoalbuminemia (2.3 mg/dl) and severe hypokalemia (1.9 mmol/L). Nutritional therapy were given with total energy expenditure 1600 kcal and increased gradually to 2100 kcal, protein 1.5-2.5 g/kgIBW/day, carbohydrates 45-55% and fat 24-34%. Supplementation were vitamin B complex, zinc, vitamin D, curcuma, and snake head fish extract high content of protein albumin (Pujimin®). The patient was discharged after 29 days with clinical and laboratory improvements. Ventilator weaning on day-20, no dysphagia, and improved muscle strength (handgrip strength from 0 to 10.5 kg). Laboratory improvements were hemoglobin (10.3 to 10.7 g/dl), leukocyte (14200 to 11000 /µL), TLC (1180 to 1815 /µL), albumin (2.3 to 2.8 mg/dl) and potassium (1.9 to 3.6 mmol/L).

Biography

Layle Rahmiyanti has completed her MD at the age 26 years from School of Medicine Universitas Mulawarman, Samarinda, Indonesia. She is a third-year Clinical Nutrition Resident at Department of Nutrition, School of Medicine Universitas Hasanuddin, Makassar, Indonesia.

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