

Nutritional therapy in intraventricular hemorrhage with external intraventricular drainage

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

WHO defines“stroke” as a rapidly developing clinical signs of focal (or global) disturbance of cerebral function, with symptoms lasting 24 hours or longer or leading to death, with no apparent cause other than of vascular origin. Hemorrhage stroke (HS) results from the spontaneous extravation of blood into the brain parenchyma, subarachnoid space, and/or the ventricular system of the brain. Stroke patients are used to undergoing malnutrition and dehydration therefor the risk of mortality and poor outcomes increases**.** We reported a 48-year-old moderate malnutrition man (Subjective Global Assessment Score B) in the High Care Unit post EVD/ External Intraventricular Drainage,with the decrease of consciousness (GCS 11 – E3M6V2), left hemiparesis and dispnue. Laboratory findings revealed leukocytosis (20,100 cells/µL), immune system depletion (total lymphocyte count / TLC 1165.8µL), hypokalemia (3.3mmol/L), and hypercholesterolemia (299 mg/dl). Nutritional therapy was provided via enteral with energy target of 1950 kcal, protein of 1.5 g/IBW/day, carbohydrate of 220 g, fat of 80 g (Long Chain Triglyceride). Provided supplementations were zinc, vitamin B1, vitamin B6, vitamin B12, vitamin C, and folic acid. After 20 days of nutritional intervention, we obtained the increasing of consciousness (GCS 11 to 15) and the changing of intake method from enteral to oral (patient was able to eat orally). On the other hand, laboratory improvements were leukocytes (from 20,100 to 14,100 cells/µL), TLC (from 1165.8 to 1410/µL), and potassium (from 3.3 to 4.8 mmol/L).

Biography

Fatmawati NH has completed her MD at the age 26 years from School of Medicine, Universitas Muslim Indonesia, Makassar. She is a third-year clinical Nutrition Resident at The Department of Nutrition, School of Medicine, Universitas Hasanuddin, Makassar, Indonesia.

Presenting author details

Full name : Fatmawati Nur Husain
Contact number : +62 811420330
Twitter account : -
Linked in account : -
Session name/number :
Category :