

Nutrition therapy in abdominal tuberculosis with hypoalbuminemia

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Abdominal tuberculosis is a type of tuberculosis (TB) that affects the gut, peritoneum, abdominal lymph nodes, and more rarely, the solid organs in the abdomen. Abdominal TB leads to severe illness, malnutrition and can cause complications, such as bowel rupture, which can lead to death. Malnutrition have destructive effects of the immune system and defence mechanism. Effective and proper nutritional therapies are important to improve medical outcomes and quality of life which is associated with functional improvement. We report a case of abdominal tuberculosis in a 33 years woman concomitant with severe protein energy malnutrition (SGA Score C) with anemia (hemoglobin 8.8 g/dL), thrombocytosis (425000 /µL), hypoalbuminemia (2.8 g/dL). Nutritional intervention was given 1000 kcal of energy, protein 1.5 g/IBW/day, carbohydrate 250 g dan fat 77 g. Provided supplementation were zinc, vitamin b complex, curcuma, snack head fish extract high content of protein albumin (pujimin®). After 26 days of treatment there was increase of hemoglobin (8.8 g/dl to11.3 g/dl), and normal of platelets (425.000 to 296.000) and increase of albumin (2.8 g/dL to 3.0 g/dL)

Biography
La Ode Jumadil Jaya Sentosa has completed her MD at the age 30 years from School of Medicine, Universitas Muslim Indonesia, Makassar. He is a third-year Clinical Nutrition Resident at Department of Nutrition, School of Medicine, Universitas Hasanuddin, Makassar,Indonesia

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