

Nutrition Therapy For Wound Dehiscence with Hepatic Subcapsular Biloma Patient

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Wound Dehiscence of the abdominal wall is a severe postoperative complication. Risk factors are related to comorbidity (age, hypertension, anemia, jaundice, obesity, and nutritional status). Nutritional therapy for Wound Dehiscence with Hepatic Subcapsular Biloma is a sufficient nutritional requirement for surgical wound healing. Nutritional therapy should be done by giving the right of nutrients with the right composition of both macronutrients and micronutrients, fluid and electrolyte balance. We present a Case Report of a 64-year-old obese woman diagnosed with Wound Dehisence and Hepatic Subcapsular Biloma post surgery. She underwent 2 laparotomy surgeries and after the second laparotomy, she had wound dehiscence. She had decreased oral intake due to decreased of appetite and vomiting since 6 weeks ago. On physical examination we found a greenish layer surrounding the wound in her abdomen. Unintentional weight loss occurred in the last 2 months. Nutritional status assessment was moderate protein energy malnutrition (Subjective Global Assessments). In laboratory studies we found hypoalbuminemia (3.0 g/dL), anemia (9.9 g/dL), leukocytosis (21100/µL), hyperbillirubinemia (total billirubin 9.33mg/dL, direct billirubin 6.2mg/dL). Nutritional therapy was done by giving 1800 kcal energy, 2 gr /BW/day protein, 220 g carbohydrate, 40 g fat and supplementations including Zinc, Vitamin B Complex, Vitamin C, and Omega-3. After 26 days of treatment there were clinical and laboratory improvements, closure of abdominal wall after repairing through surgery. In conclusion, the main treatments of wound healing are adequate macronutrient and micronutrient fulfillment and immunonutrients, which are very important to improve nutritional status and to accelerate wound healing.
Keywords: Wound Dehiscence, Cholestatis, Immunonutrients

Biography

Uli Rina Pelegia Simanjuntak has completed her medical degree at the age of 27 years from School of Medicine, Universitas Sam Ratulangi, Manado, Indonesia. She is a third-year Clinical Nutrition Resident at Departement of Nutrition, School of Medicine, Universitas Hasanuddin, Makassar, Indonesia.

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