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Nutritional risk stratification of adults at risk for hospital readmission with congestive heart failure, myocardial infarction, and pneumonia

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Abstract

Objective: Patients admitted to the hospital with congestive heart failure, myocardial infarction, and pneumonia have high rates of morbidity and mortality. The Affordable Care Act requires CMS to reduce payments to hospitals with excess readmissions. A high nutrition risk screening (HNRS) and low health literacy are predictors of patients who are most vulnerable.

Patients who are admitted with an acute illness, requiring hospitalization require therapeutic nutrition, targeted for recovery from their acute event, as well as medications and managed support. Nutrition must be considered as medical therapy with attention to the underlying condition.

We have developed therapeutic meals, designed for patients to recover from their acute illness.

The presentation will review the importance nutrition and metabolism, as well as the role of the endocrinologist in developing nutritional therapies targeting specific diagnoses.