Adherence to oral nutrition supplements in hospitalized patients with clinical pathology-surgical.

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INTRODUCTION:
Studies about the use of nutritional supplements suggest that acceptance is good, so that it is widely recognized and used by professionals. However, in clinical daily practice it seems to be not as much accepted as I seems. The aim of our study is to know the level of adherence to oral nutritional supplements and the main reasons for non-adherence in patients admitted for medical or surgical pathologies.

METHODS:
An observational, prospective and single-center study was designed. Consecutive patients admitted to a high complexity hospital between August 2012 and May 2013 and with subjective global assessment category B were included. A daily supplement was indicated, the adherence was evaluated and the reasons for non-adherence were determined. Adherent patient was considered when ≥75% of the supplements was consumed.

RESULTS:
Of a total of 807 patients with subjective global assessment, 73 patients were prescribed oral nutritional supplements. The median age was 52 years (IQR 35-62), 58.9% was male, the median body mass index was 24.5 (IQR 22.5 to 27.3). A total of 489 supplements were indicated and a total of 371 were consumed. The median days of indication for the supplements per patient were 5 days (IQR 4-10) and the median consumed was 4 days per patient (IQR 1-8). The adherence was 58.9% (43 patients). The reasons for non-adherence were: patients own digestive reasons in 5 patients (16.7%), intolerance to oral nutritional supplement in 18 patients (60%) and unjustified patient’s refusal in 7 patients (23.3%).

CONCLUSIONS:
In patients admitted for clinical or surgical pathologies with subjective global assessment B, adherence to oral nutritional supplements was insufficient. Intolerance to supplements was the most frequent reason of non-adherence.

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