

# YOUR GUIDE TO NUTRITION IN THE HOSPITAL

“My diet is important to my recovery so how do I know my body is getting the nutrients it needs?”

feed M.E

malnutrition awareness & education

Improve your nutrition.  
Improve your life

 **Abbott**  
A Promise for Life

# NUTRITION IS IMPORTANT TO **YOUR RECOVERY**

When you're sick or injured, you may not be able to eat the way you normally would. This can make getting the nutrition you need difficult, but it also makes it more important than ever, especially as you get older. Eating right is vital to healing, being healthy, feeling well, and living a full life.

## NOT ENOUGH OR NOT THE RIGHT **NUTRITION**

The risk of not getting enough or the right nutrition is higher than you might think, especially when you are ill or injured. And the consequences can affect your body's ability to heal itself. Here's a simple self-survey:

1. Are you sick or injured?<sup>1</sup> **YES**
2. Have you lost your appetite?<sup>2</sup>
3. Have you lost weight without trying?<sup>2</sup>

If the answer is "yes" to any of these questions, you or your loved one may be having trouble healing or recovering. This could be due to inadequate nutrition.




## SPECIAL NUTRITIONAL NEEDS WHEN YOU'RE **SICK OR INJURED**

During your hospital stay, your condition and medical treatment received put your body under considerable amount of stress. As a result, the body's nutrient requirements are increased.

Condition	Calories	Protein	Zinc	Fluid	Antioxidants (Vitamin A,C,E)
Weight Loss	↑	↑			
Stroke	↑				
Infections e.g. Pneumonia	↑	↑	↑	↑	↑
Surgery	↑	↑	↑		↑

But it can be difficult to get all the nutrients that your body needs. This could be due to the following reasons:

1. You may have chewing problems, or your digestive system may not be working right.
2. Treatment procedures, the use of certain medications, or your health condition itself could lead to loss of appetite.
3. Feeling anxious, sad or lonely may affect your food intake.
4. Not just any food will do. You need protein for healing and strength. Carbohydrates for energy. Vitamins and minerals to keep cells healthy and help fight disease.



Even if you are used to eating a well-balanced diet or you are generally a healthy person, your needs now are different.



Studies have shown that nutrition has a direct impact on hospital outcomes.

## THE CONSEQUENCES OF **MALNUTRITION**

Malnutrition occurs when nutrient intake doesn't meet nutrient needs.

In Singapore, research<sup>9</sup> has found that:

- Nearly **1 in 3** hospitalised adults were malnourished
- Malnourished patients stayed in hospital **2 days longer** on average and were almost **two times more likely to be readmitted** within 15 days of discharge







TALK TO YOUR DOCTOR ABOUT THE  
**RIGHT NUTRITION  
FOR YOU**

Be proactive by talking to your doctor or dietitian about your specific nutritional needs. The time to do it is now—at admission. Each hour that your injured or sick body isn't getting the nutritional support it needs makes it harder for you to heal.

You may also wish to check with them about the use of the right oral nutrition supplements for you. These oral nutritional supplements can help you feel confident that you're getting what you need to recover, maintain and enhance your health.



Developed with a global panel of respected physicians and nutrition experts, **feedM.E.** is a nutrition awareness, education, and call-to-action program designed to highlight the value of good nutrition and optimizing health.

A BETTER LIFE THROUGH  
**BETTER NUTRITION**

When you're in a hospital, eating right can positively affect your health, recovery, and quality of life. By being aware and taking action, you can take charge of your future.

References

1. Jensen GL, Hsiao PY, Wheeler D. Adult nutrition assessment tutorial. *JPEN J Parenter Enteral Nutr.* 2012;36:267-274
2. Ferguson M, Capra S, Bauer J, et al. Development of a valid and reliable malnutrition screening tool for adult acute hospital patients. *Nutr.* 1999;15:458-464.
3. Lim SL, Ong KCB, Chan YH et al. Malnutrition and its impact on cost of hospitalization, length of stay, readmission and 3-year mortality *Clin Nutr.* 2012;31:345-350