

ADEQUACY OF ENTERAL NUTRITION AND FACTORS ASSOCIATED
AMONG PATIENTS IN NEUROMEDICAL WARD OF
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ABSTRACT

The presence of ineffectiveness on enteral feeding practices has often led to inadequate nutritional support among the critically ill patient. For that reason, this study would like to investigate the factors which may signify adequacy; be it from feeding method, initiation of enteral feeding, nil by mouth procedure and also toleration of enteral feeding. This study uses the retrospective study design to evaluate the factors which affect the adequacy of protein and energy in enteral feeding of Neuromedical ward, HKL. This study involves convenient sampling method which includes about 42 medical records in which patient had received enteral nutrition for the first five days of initiation. The data is collected through medical records and merely on the energy and protein adequacy, feeding method, and the tolerance of enteral feeding in which gathered within the first five days of initiation. The adequacy of both protein and energy are classified as underfeeding (less than 70%), adequate feeding (70% to 100%) and overfeeding (more than 100%). From this study, most of the sample is energy adequately fed with 83.8%, 11.9% energy overfed and 4.8% of energy inadequate fed. As for protein adequacy, 85.7% of the sample is adequately fed, 11.9 % is overfed and 2.4% is underfed. The Pearson's Chi Square analysis shows association between period of NBM procedure and protein adequacy. In conclusion, this study is crucial for the detection of malnutrition. The findings are expected to enhance the foundation for intervention design underfeeding or overfeeding to improve EN practices.

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CHAPTER I

INTRODUCTION

1.1 RESEARCH BACKGROUND

Nutritional support is widely and commonly used among hospital patients nowadays and it has been considered as a preferred choice for the past decades not only in Malaysia but around the world (Quenot et al., 2010). The purpose of nutrition support is to make sure people who unable to consume orally get their nutrition adequately. The most preferred nutritional support is EN and is given if the gut is working. Enteral nutrition (EN) and parenteral nutrition (PN) are two types of nutritional support that receive by the admitted patients in ICU (Shecan, Peterson, Zhao, Gurka, & Braunschweig, 2012). According to Heyland et al. (2010) EN is a first line choice of nutrition support by which EN minimize the complications compared with PN.

However, for this context, our main interest is the EN. EN is a process in which EN products are given towards patient with functional gastrointestinal system through the internal excess (Bankhead et al., 2009a). In implementing EN, there are certain guidelines that have been formed in order to help the healthcare staffs conduct the process effectively and safely. The main target of the EN guideline is to reduce the complexity of EN as well as providing adequate nutrition needed by the patients.