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Association between functional performance ability and energy intake in the first seven days of patients after stroke

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Background: The relation between energy intake and outcome in acute phase after onset of stroke, as risk indicators on adverse events are not fully studied, it was examined whether the Functional Independence Measure (FIM) score on admission is a risk indicator for energy intake during the first 7 days of acute phase.

Methods: Patients with stroke, admitted between January 2015 and March 2015, were enrolled. Data on characteristics and nutritional status of patients were collected from electronic medical record. The subjects were divided according to FIM score on admission and energy intake for the first 7 days. The outcome index was: length of stay in SCU, presence of serum C-reactive protein (CRP) ≥ 6 mg/dl. The logistic-regression analysis was conducted to examine the length of stay in SCU.

Results: 192 patients were enrolled. (I) Comparing two groups divided by FIM scores on admission: (1) the energy intake in the first seven days was significantly lower in the group of <75 points (median: 75 points, $P < 0.001$). (2) length of stay in SCU ≥ 5 days was significantly longer (median: 5 days, $P < 0.001$), and (3) more patients with CRP ≥ 6 mg/dl during the first week (median: 0.6 mg/dl, $P=0.024$). (II) Comparing two groups divided according to energy intake in the first seven days after admission by target energy intake $<50\%$ vs. $\geq 50\%$ or $<66\%$ vs. $\geq 66\%$: In the group of $<50\%$ and $<66\%$, (4) none of the patients had a FIM score of ≥ 75 points on admission, (5) length of stay in SCU ≥ 5 days was significantly longer, (6) presence of CRP ≥ 6 mg/dl after hospitalization was significantly larger. (III) In multivariate analysis on binary values of length of stay in SCU ≥ 5 days: (7) strongly related to item of energy intake in first seven days $<66\%$, (8) length of stay in SCU ≥ 5 days group vs. <5 days group: odds ratio = 0.165, (0.032-0.845).

Conclusions: These results suggested that FIM score on admission could be a risk indicator of energy intake during stroke attack. In addition, it was suggested that the risk factor of the length of stay in SCU seemed an energy intake ($< 66\%$) during the first seven days after admission.

Biography

Noriko Kurokawa has expertise in Nutrition. She is doing Nutrition Management and Nutritional Guidance at Acute Brain Surgery Special Hospital based on Japanese Nutritionist's license. On the other hand, she is conducting research on clinical nutrition in educational institution (graduate school). This model was constructed after the experience of evaluation and management at the workplace brain surgery special hospital, and it is a study on the relation between the body function and energy intake in the acute period of stroke.

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