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## Effect of the nutritional status and short-term outcome in orthopedic surgery

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**Purpose:** Malnutrition is a risk factor for post-operative complications. The purpose of this study was to determine the nutritional status and surgery outcome in orthopedic surgery patients.

**Methods:** This study enrolled 377 patients who underwent orthopedic surgery. Patient demographics and post-operative complications were recorded. Nutritional status was assessed using nutritional risk screening (NRS 2002) and hematological markers of serum albumin (ALB), hemoglobin (Hb) and total protein level. Sub-optimal nutrition was defined as NRS 2002 score  $\geq 3$ , a serum ALB level of  $<3.5$  g/dl and an Hb of  $<10.0$  g/dl and total protein  $<6.0$  g/dl. Patients were also followed for outcome.

**Results:** Malnutrition risk developed in 58 patients (17.2%). Bivariate analysis identified old age, low physical activity; hip and spine surgery and high ASA score as risk factors. Worse outcomes, including increased hospital mortality, length of stay in hospital, infection, readmission and discharge at care facilities, occurred in subjects who developed malnourished patients.

**Conclusions:** Orthopedic surgery in elderly patients was associated with a high incidence of malnourished patients. Malnourished patients were at a significantly increased risk of post-operative complication. The results of the current study regarding patient population which is vulnerable for malnourished patients should be taken into account, so that such patients could be identified pre-operatively or in the immediate post-operative period.

### Biography

Minyoung Kim has completed her PhD and is currently Assistant Professor in Ulsan University School of Nursing. She is the Adult Health Advanced Practice Nurse for 10 years. She has published 10 papers in reputed journals.

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