Važnost procjene nutritivnog rizika u hospitaliziranih bolesnika

Importance of assessing nutritional risk in hospitalized patients

Irena Kužet Mioković,
Marina Kalčić Črnjarić,
Mijana Barišić*,
Marica Komosar-
Cvetković

Thalassotherapia Opatija – Klinika za liječenje, rehabilitaciju i prevenciju bolesti srca i krvnih žila, Opatija, Hrvatska

Thalassotherapia Opatija – Clinic for treatment, rehabilitation and prevention of cardiovascular disease, Opatija, Croatia

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***ADDRESS FOR CORRESPONDENCE:** Klinika za liječenje, rehabilitaciju i prevenciju bolesti srca i krvnih žila
Thalassotherapija, M. Tita 188/1, HR-51410 Opatija, Croatia. / Phone: +385-51-202-600 / E-mail: mija3007@gmail.com

Povećani nutritivni rizik često se javlja kod kroničnih i teških bolesti, čak u 20-50% svih hospitaliziranih bolesnika. Nutritivni status bolesnika važan je čimbenik koji utječe na ishod i oporavak od bolesti. Brojni su negativni učinci pothranjenosti na mentalno i tjelesno stanje organizama, kao što su podložnost infekcijama, sporije cijeljenje rana, veća učestalost nastanka dekubitusa te u konačnici duža hospitalizacija i povećana stopa smrtnosti. Godine 2002. validiran je upitnik za procjenu nutritivnog rizika *Nutritional Risk Screening 2002* kojeg preporučuje Europsko društvo za kliničku prehranu i metabolizam. Brojne studije su pokazale da kvalitetna nutritivna skrb smanjuje učinke bolničke pothranjenosti te bi se stoga svi pacijenti trebali uključiti u procjenu nutritivnog rizika.

The increased nutritional risk often occurs in chronic and severe illness, even in 20-50% of all hospitalized patients. The nutritional status of patients is an important factor that affects the outcome and recovery from illness. There are many negative effects of malnutrition on the mental and physical condition of organisms such as susceptibility to infections, slow wound healing, higher incidence of pressure ulcers and ultimately longer hospitalizations and increased mortality rates. In 2002, the questionnaire for the Nutritional Risk Screening 2002 was validated as recommended by The European Society for Clinical Nutrition and Metabolism. Numerous studies have shown that high-quality nutritional care reduces the effects of in-hospital malnutrition and therefore all the patients should be included in the nutritional risk screening.

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