

MALNUTRITION IN OBESE PATIENTS

Bc. Jitka Tomešová, DiS., Thomayer's Hospital,
Prague, Czech Republic



INTRODUCTION

Obesity = „a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems“ (*WHO 2000*)

Malnutrition = „the condition that develops when the body does not get the right amount of the vitamins, minerals, and other nutrients it needs to maintain healthy tissues and organ function“ free medical dictionary or „bad or faulty nutrition“ (*Stratton, R.: Disease-related malnutrition*)

Patient get 1 point in screening if BMI < 18 kg/m² (*NRS, ESPEN 2002*). Obese patient in our hospital „needs“ BMI > 35 kg/m² to get 1 screening point (*Černík 2005*)

BUT many obese patients have poor nutritional markers – total protein or albumin levels

METHODS

We checked the screening score and the biochemistry tests of adult obese patients hospitalized in standard care beds during September 2011 in Thomayer's Hospital in Prague (n = 87)

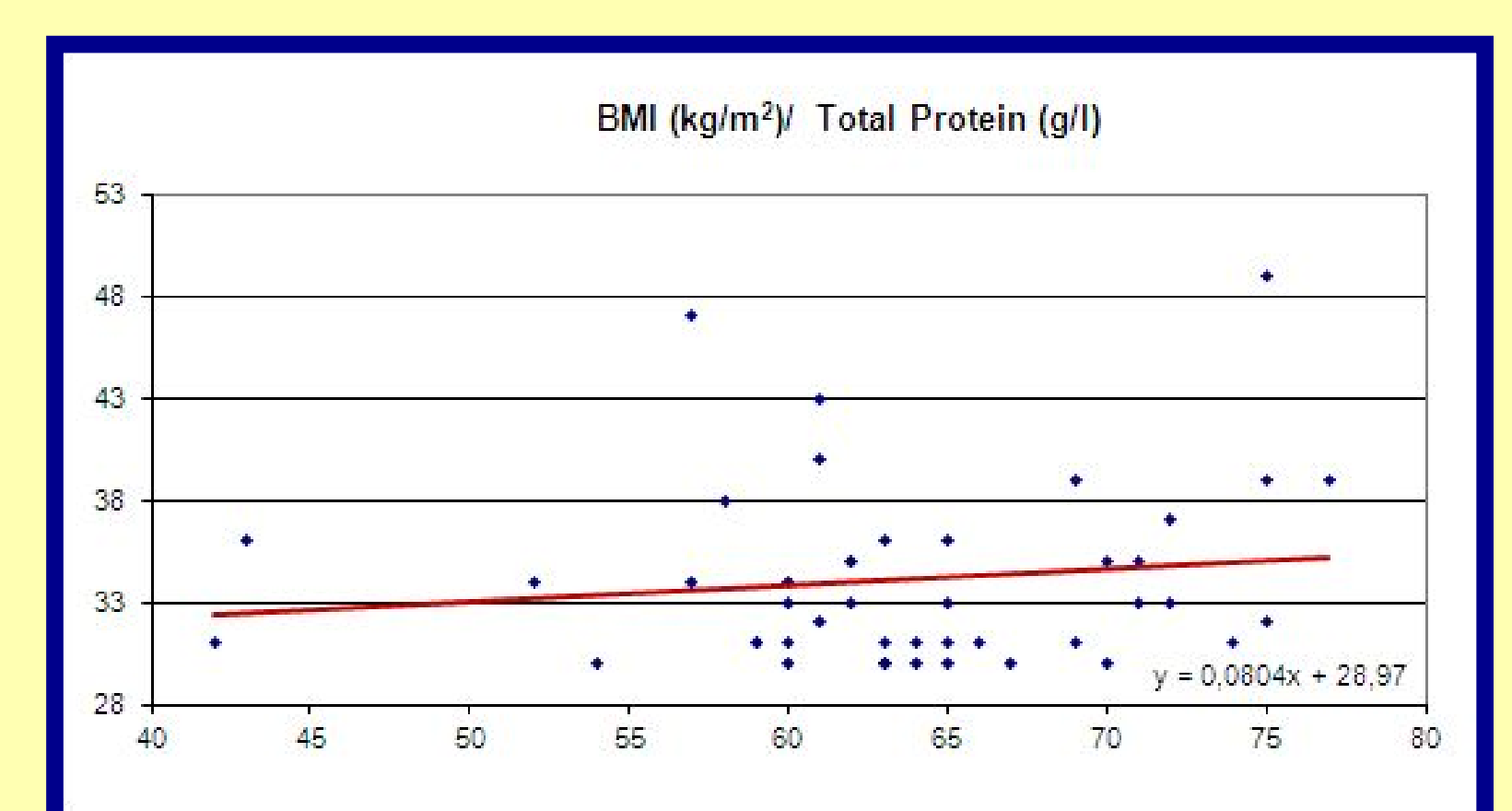
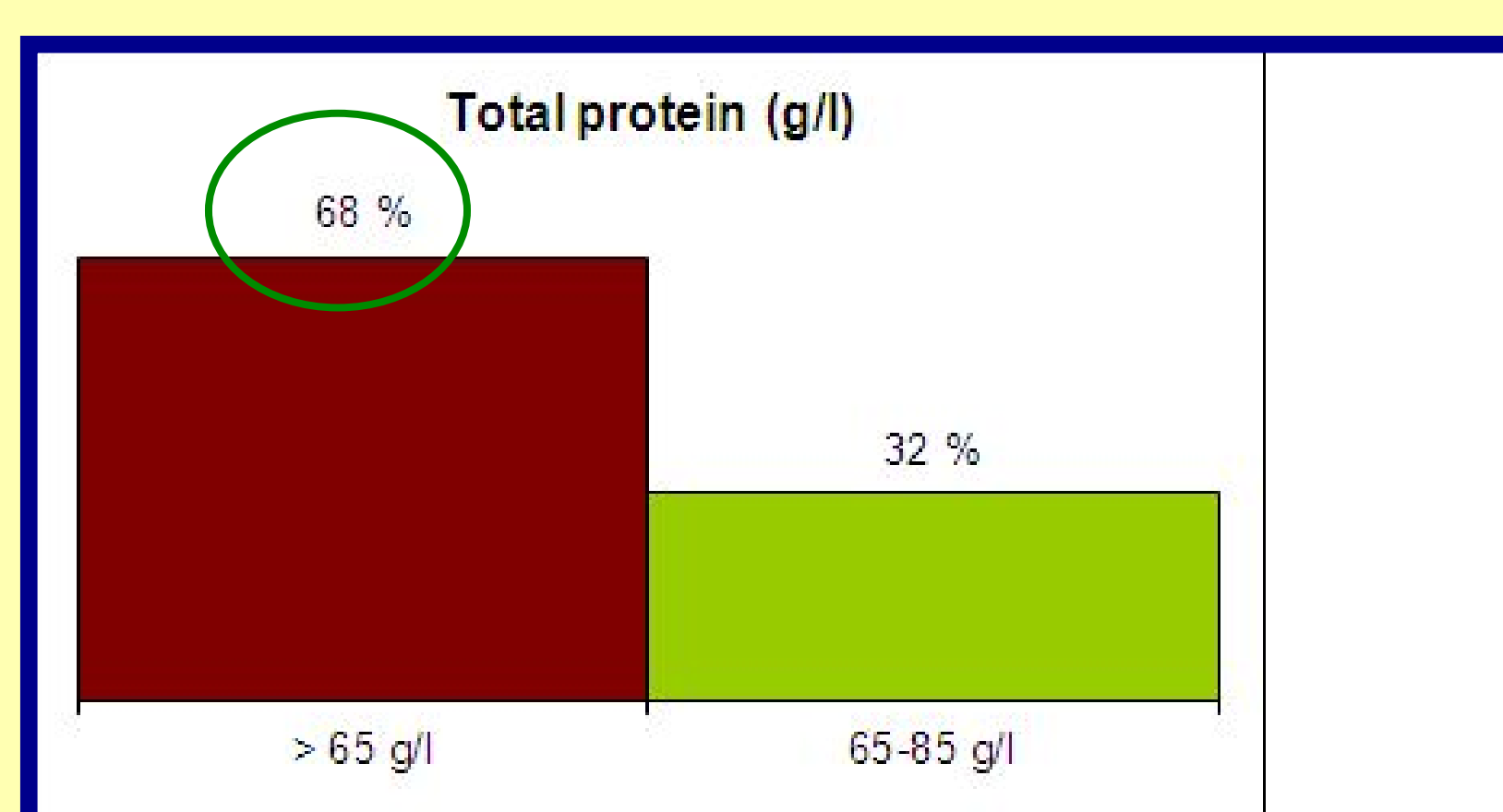
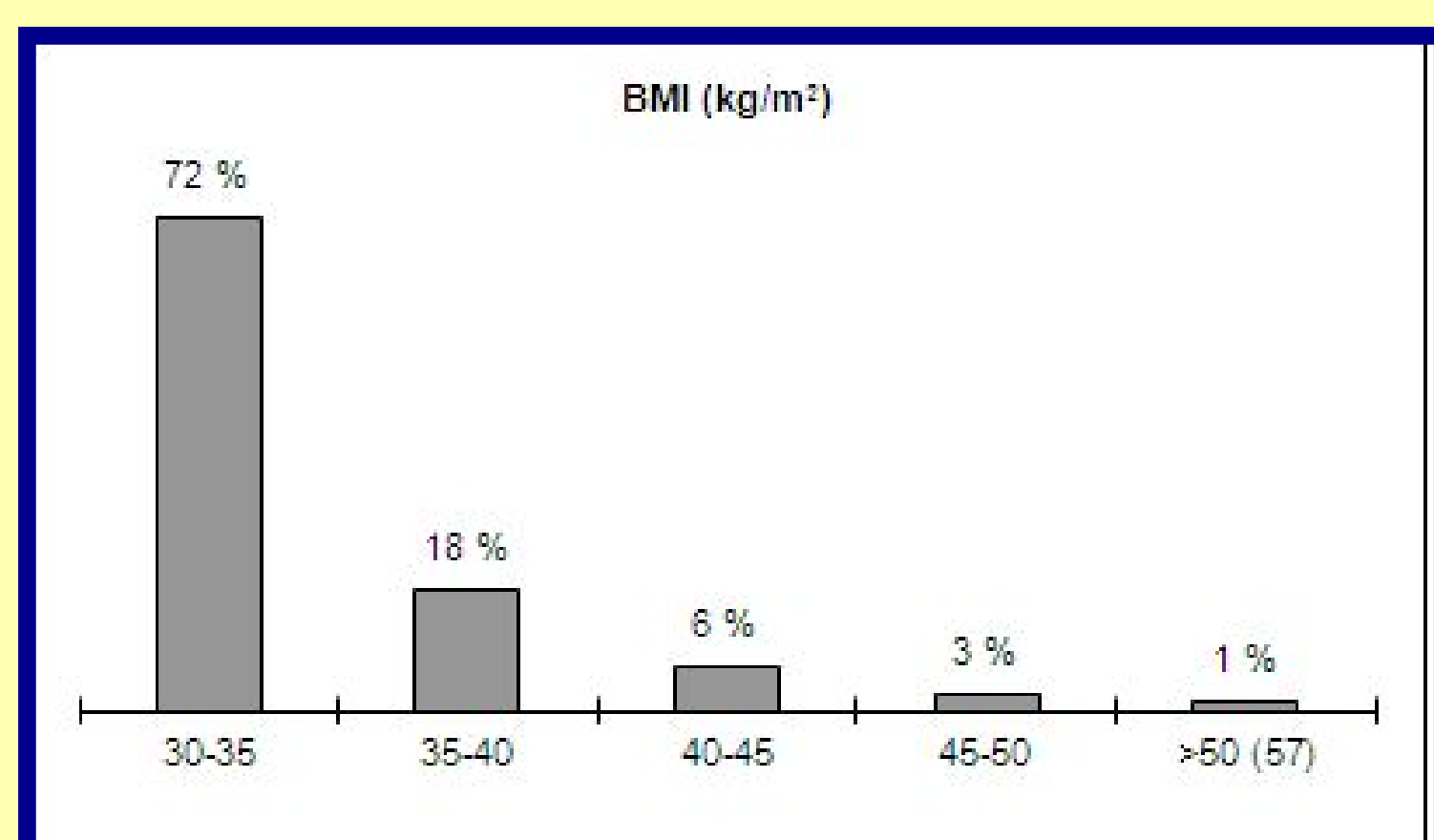
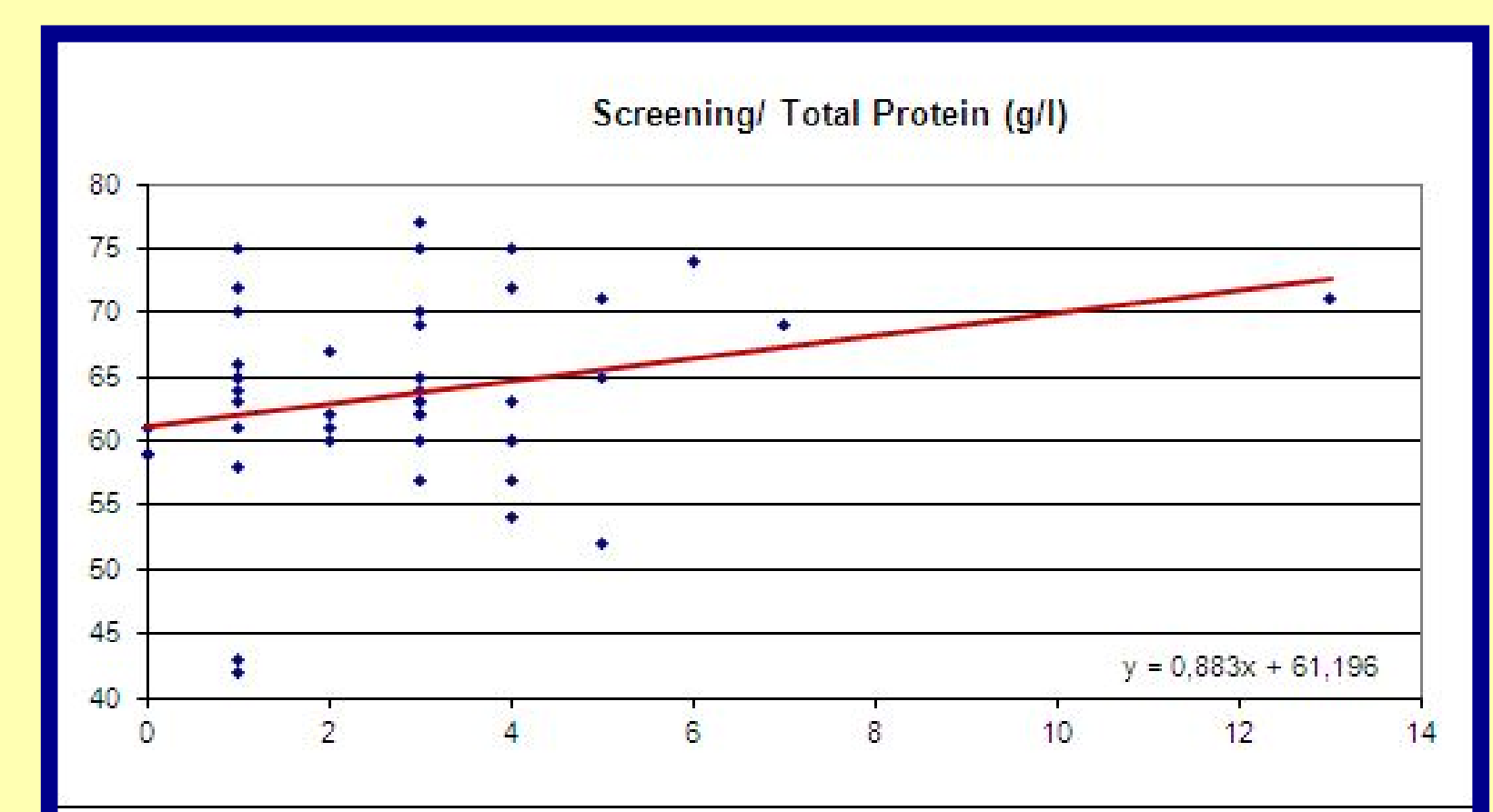
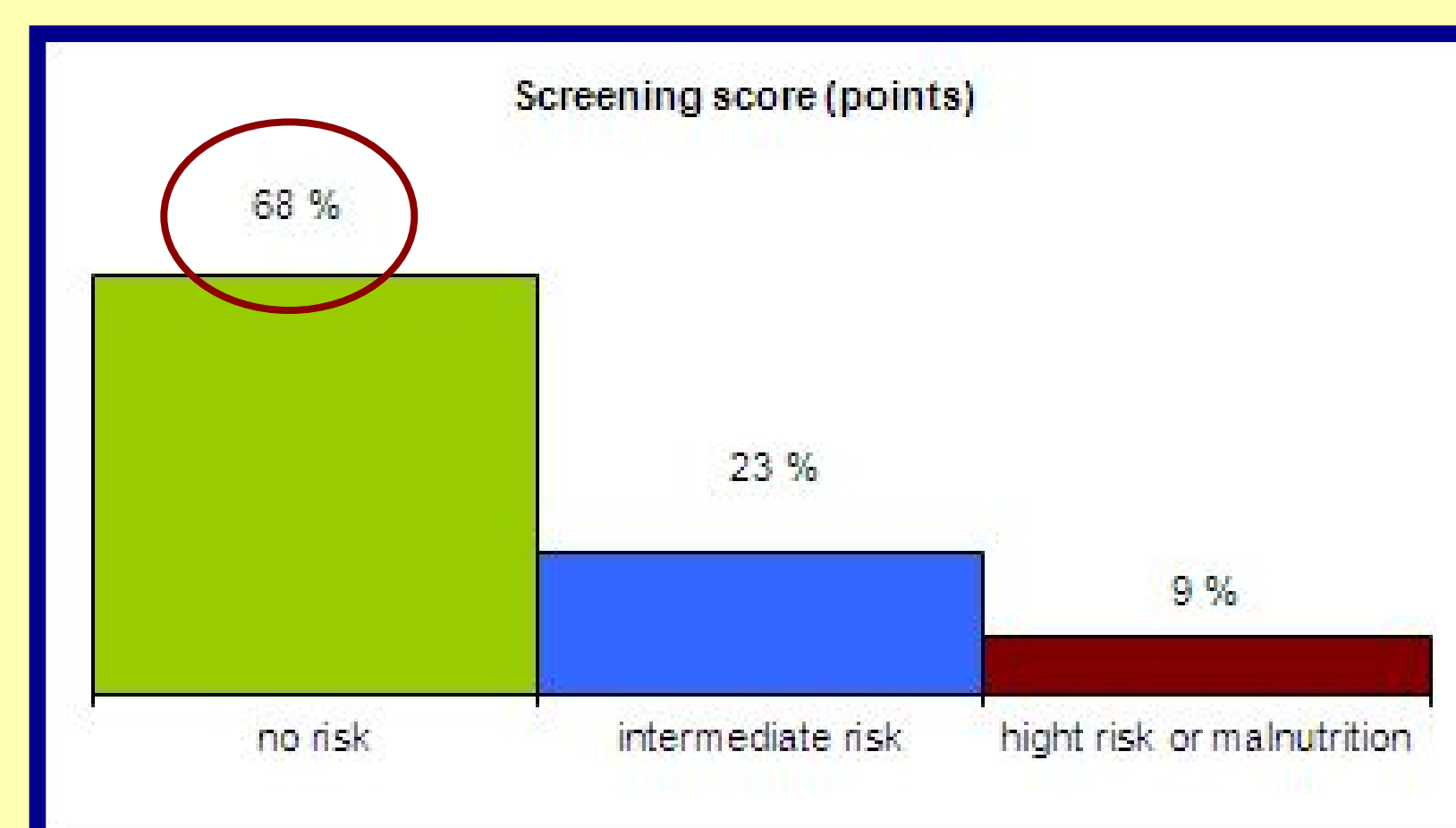
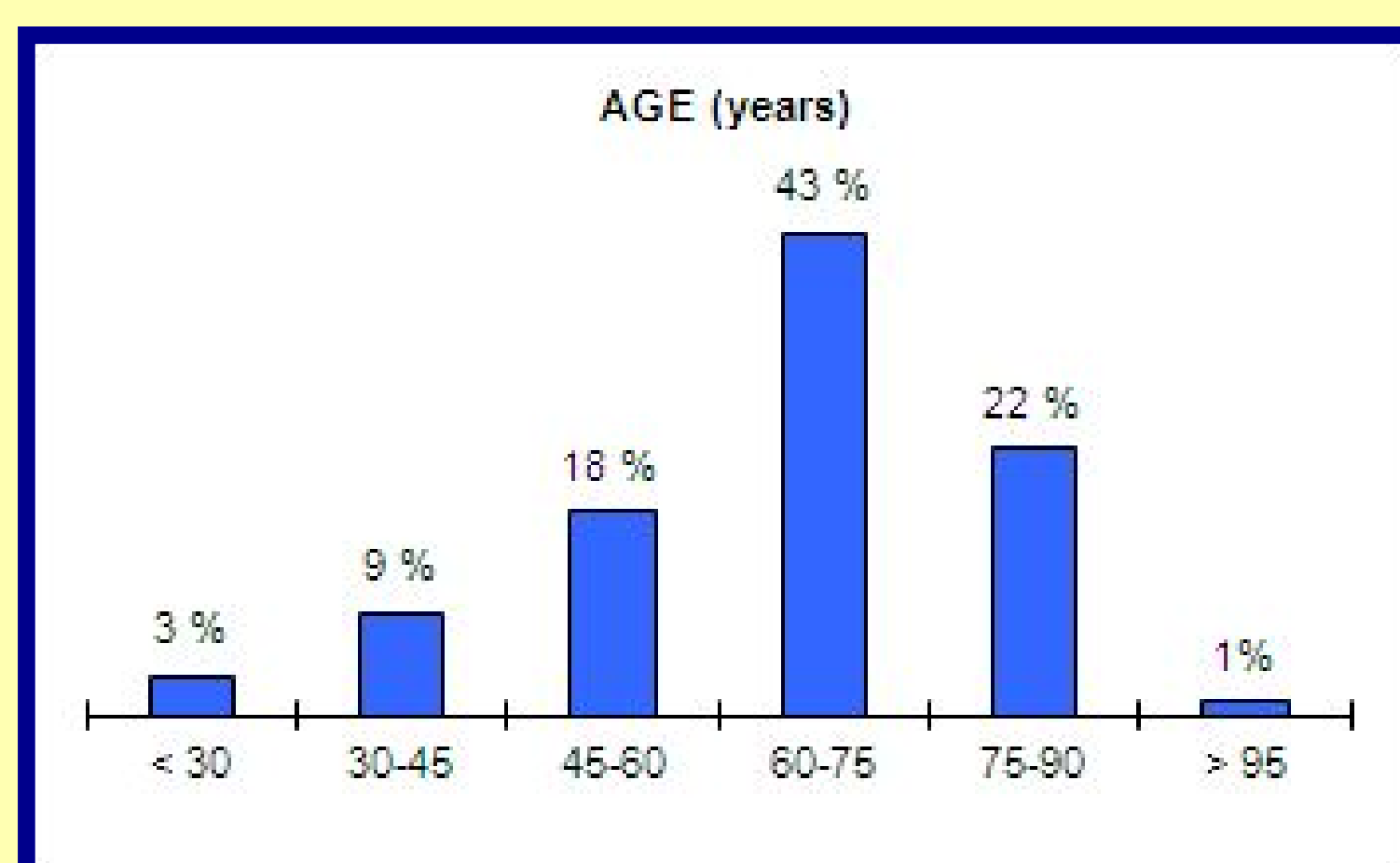
BMI

under 18 kg/m ²	malnutrition
19-25 kg/m ²	normal weight
25-30 kg/m ²	overweight
more than 30 kg/m ²	obesity

Nutritional Markers

Total Protein	65-85 g/l
Albumin	35-53 g/l

QUESTIONS AND ANSWERS	
Impossible to take a weight and height	2
Impossible to get any information	3
A Age 0 point = under 65 years 1 point = more than 65 years 3 points = more than 70 years	
B BMI 0 point = 20-35 kg/m ² 1 point = 18-20, more than 35 kg/m ² 2 = under 18 kg/m ²	
C Unintentional weight loss 0 point = non 1 point = less than 3 kg in 3 months 2 points = 3-6 kg in 3 months 3 points = more than 6 kg in 3 months	
D Food intake in last 3 days 0 point = no changes 1 point = half portions 2 points = occasionally, or no intake	
E Illness manifestation 0 point = non 1 point = stomach aches, appetite loss 2 points = vomiting, diarrhoea	
F Stress factor 0 point = non 1 point = intermediate (chronic illnesses, diabetes mellitus etc.) 2 points = high (acute illnesses, polytrauma, burn, ICU, ARO etc.)	
TOTAL SCREENING SCORE 0 - 3 no necessary to visit 4 - 7 nutritional consultation necessary, special diet 8 and more life-threatening malnutrition or illness, special nutritional therapy necessary	



CONCLUSIONS

We found that **16 %** of patients are **obese**

- **68 %** of them are in no risk according to the screening form
- **BUT – 68 %** shows the signs of **malnutrition** as well

Good for obese patients to make provision of malnutrition screening forms and/or prepare special diet to prevent the malnutrition in obese patients in hospitals in the Czech Republic.