Nutrition for Neuro Rehab

Jill Bruce, RDN, CBIS
NeuroRestorative
What is an RDN?

Registered Dietitian Nutritionist

– What we do
  • Treatment and prevention of disease through nutrition

– Our training
  • MS, internship, board exam

– Areas of practice
  • Clinical, community, food service, private practice, non-traditional

– Specialties
  • Diabetes, renal, oncology, enteral and parenteral, sports, geriatrics
Nutrition Assessment

• Components
  – Food and nutrition-related history, biochemical data, anthropometrics, nutrition-related physical findings, medical history

• Nutrition Diagnosis
  – Names specific problems in standardized form

• Interventions
  – Directed toward the nutrition diagnosis

• Monitoring/Evaluation
  – Determine progress of goals
Acute Phase of Injury

Elevated nutritional needs
Due to injuries
Metabolism
Hypermetabolism
Tone/spasticity
Chronic Phase of Injury

- Nutritional needs
  Shift from the acute phase
- Metabolism
  Hypometabolism
  Controlled tone
- Other factors
  Endocrine dysfunction
Energy, Protein and Fluid Requirements

- Needs are estimated
  - Predictive equations
  - Indirect calorimetry
- Calories – provide energy
- Protein – cell and tissue growth and repair, hormones, enzymes, functions
- Fluids – prevent dehydration, regulate temperature, movement of nutrients and waste
Enteral Feeding

- Routes
  - nasal, gastric, jejunal
- Formulas
  - maintenance, disease-specific, “natural”
- Administration types
  - bolus, cyclic, intermittent, pump
- Issues
  - intolerance
- Hydration
  - bolus, auto flush
Indicators of Nutritional Status

- Appetite
- Stable weight/body composition
- Adequate hydration
- GI symptoms
- Intact skin
- Albumin?
Nutritional Challenges

- Weight changes
  - Long-term weight gain
- Wounds
- Neurogenic bowel
  - nutrition interventions (oral/enteral)
- Cognition
  - Follow through
  - New learning
Proper Diets

- Well-balanced, wide variety
- Therapeutic diets
- Balancing wants vs. needs
- Super foods?
When to Consult an RDN

- Weight loss/weight gain
- Tube feeding management
- Hydration issues
- Diabetes
- Nutrition for wound healing
- Therapeutic diets
- 1:1 Nutrition therapy
- Balanced meals/menus
Summary

- RDN and interdisciplinary team
- Nutrition plays a significant role in neuro rehab
References