



NEURO
INSTITUTE

Continuing Education for Rehabilitation Professionals



Nutrition for Neuro Rehab

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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



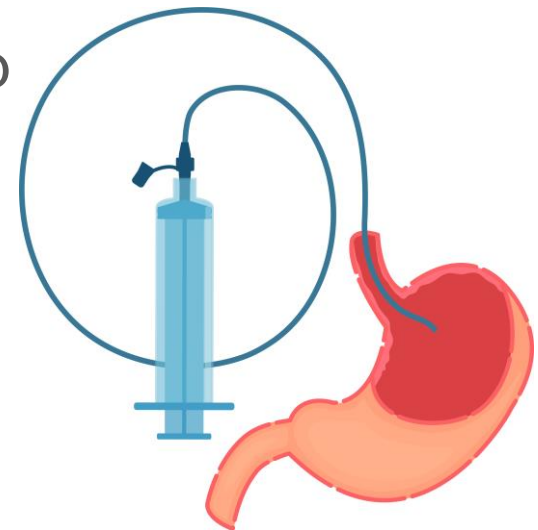
Energy, Protein and Fluid Requirements

- 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



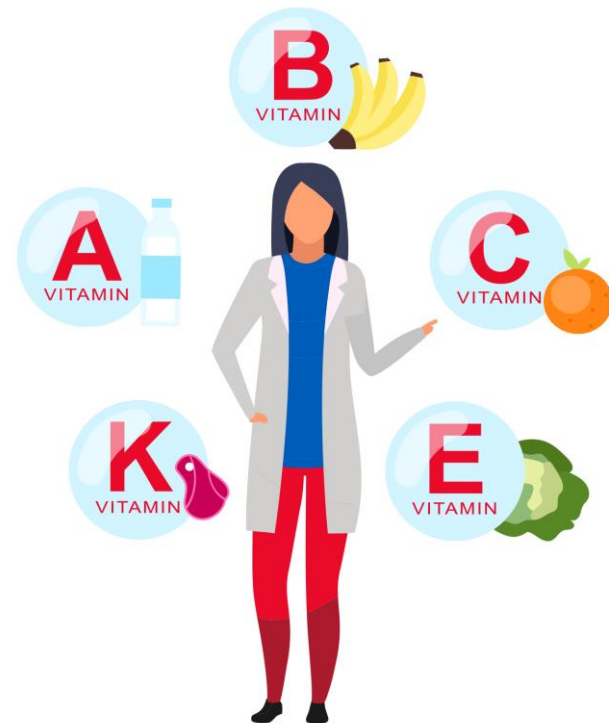
Enteral Feeding

- 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?



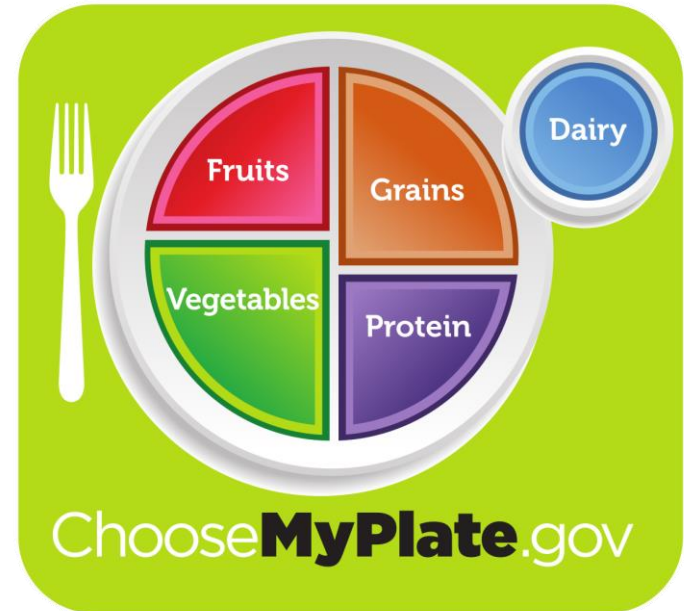
Nutritional Challenges

- 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



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