



# **MEDICAL NUTRITIONAL THERAPY**

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**Medical nutrition therapy" (MNT) is the use of specific nutrition services to treat an illness, injury, or condition. ...**

**It involves the assessment of the nutritional status of the client and the actual treatment, which includes nutrition therapy, counseling, and the use of specialized nutrition supplements.**



# Purpose of Nutrition Therapy

**The purpose of nutrition therapy is to :-**

- **Ensure adequate energy and nutrient intake- to prevent under and over nutrition (malnutrition)**
- **Prevent insufficient intake of some micronutrients such as iron and folate**
- **Prevent physiological consequences of malnutrition- LBW babies, NCDs and mortality**
- **Improve adherence of recommendations such as RDA.**



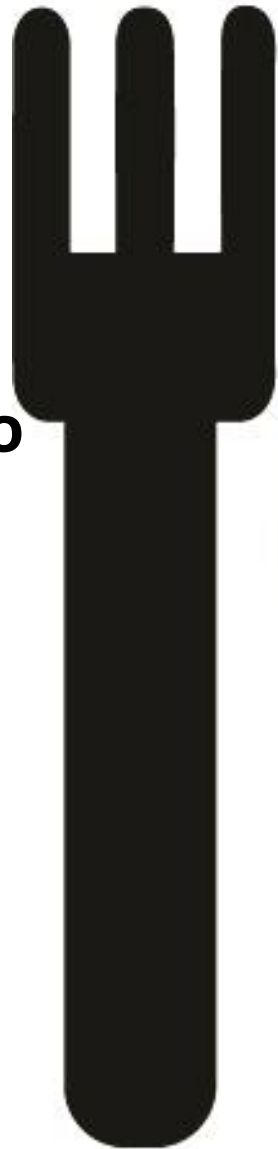
**Nutritional Therapy is an evidence-based approach to maximizing one's health potential through individually formulated nutritional and lifestyle changes.**

**Nutritional Therapy treats the body as a whole while seeking the root source of health concerns, rather than simply treating the symptoms.**



**Medical Nutrition Therapy (MNT)** is individualized dietary instruction that integrates diet therapy counseling for a nutrition-related problem.

MNT is the use of specific nutrition interventions to treat an illness, injury or condition, to achieve or maintain good nutritional status.



**It involves an in-depth nutrition assessment of the patient, nutrition diagnosis, nutrition intervention(which includes diet therapy, counseling, and the use of specialized nutrition supplements), and nutrition monitoring and evaluation.**



**Clinical nutrition is of central importance for patient ability to handle diseases in general, infections, surgery and trauma in particular.**

**The objective of medical nutrition therapy is improved patient outcome by avoiding malnutrition , maintaining body tissue and functioning plasma protein stores, preventing macro – and micro nutrient deficiency.**



# MNT Protocols

- MNT protocols are a set of steps incorporating current professional knowledge (evidence-based) that clearly define the level, content and frequency of nutrition care appropriate for a disease or condition.



# Nutrition Care Process

The Nutrition Care Process (NCP) is designed to improve the consistency and quality of individualized care for patients/clients or groups and the predictability of the patient/client outcomes.

**Process of planning for and meeting MNT needs of the individual through**

- 1. Assessing nutrition status and analyzing data to identify nutrition related problems**
- 2. Coming up with a nutrition diagnosis**
- 3. planning & prioritizing nutrition intervention(s) to meet the patient's needs**
- 4. Evaluating the nutrition care outcomes**

**Successful nutritional therapy can occur only when the diet is personalized ( adapted to meet individual needs).**

**This can only be done by planning with the patient or family .**

**Four areas must be explored together ,  
as follow:**



**1- Personal needs** - What personal desires, concerns, goals , or life situation needs must be met?

**2- Disease** --How does the patient's disease or condition affect the body and its normal metabolic functions ?

**3- Nutritional therapy** - How and why must the diet be changed to meet needs created by the patient's particular disease or condition ?

**4- Food plan** -- How do these necessary nutritional modifications affect daily food choices ?

# The Diet Prescription

- ❖ Defines type, amount, frequency of feeding based on pt.'s needs, care goals
- ❖ May specify calorie goal
- ❖ May limit or increase various components of the diet
  - ❖ Each institution usually has specific diets that have been approved by committee that are used at that institution???



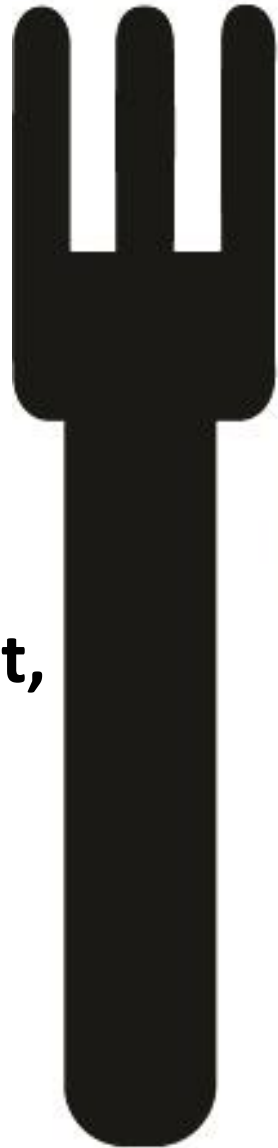
# Modifications of the Normal Diet

- Normal nutrition is foundation of therapeutic diet modifications
  - Based on DRIs
  - Based on Food Guide Pyramid
- Purpose of diet is to supply needed nutrients



# **Modifications of the Normal Diet**

- 1-Change in consistency**
- 2-Increase/decrease energy value of diet**
- 3-Increase/decrease type of food or nutrient consumed**
- 4-Elimination of specific foods or components**
- 5-Adjustment in level, ratio, balance of protein, fat, CHO**
- 6-Change in number, frequency of meals**
- 7-Change in route of delivery of nutrients**



**Nutrition Counseling:** A supportive process to set priorities, establish goals, and create individualized action plans which acknowledge and foster responsibility for self-care.



# Nutrition Education and Counseling

- **Communicating with a patient about his or her specific nutrition intervention plan is a critical step in the potential success of the treatment.**
- **Patients and families who understand the necessary changes to food or nutrient delivery methods are able to appreciate the benefit from such adjustments and are more likely to be compliant.**



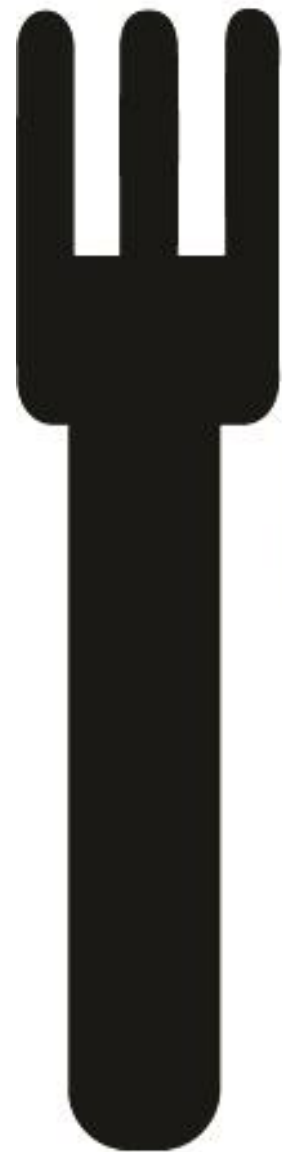


**➤ Education may be a one-on-one experience with the dietitian, or it may occur in a group setting .**

**➤ Initial education and counseling interactions during inpatient stays can continue through outpatient appointments, when necessary.**



- **Nutrition intervention plans are generally long term lifestyle modifications that are meant to promote and improve health.**
- **Some patients will have more changes to make than others, and they will need continued nutrition counseling support to reach one goal at a time.**
- **The plan of care will be modified over time as needed and in response to intervention.**



**Q-1 : A woman ,she is 60 years old. Her total energy need per day is 1800Kcal / day. Calculate her protein need per day.**

**Q-2: Name the diseases and/or characteristic symptoms of deficiencies of each water-soluble vitamin.**

**Q-3- You been asked to prepared diet plan for certain patient, what are the patient's characteristics you take in respect for this diet plan?**

