

Importance of Nutrition in Disease Management and the Problems Faced to Perform Nutrition Care Process in Hospitals of Developing Countries

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I solved 15 cases of patients presented in the hospital with chronic liver disease i.e. hepatic encephalopathy, ascites, and esophageal varices. While concluding and writing a report at the end of rotation it was found that all patients had one common nutritional diagnosis that is they all had an inadequate oral intake related to caloric intake less than required. One of the factors being hospital stay and the inability to eat in a comfortable, friendly and stress-free environment. The lack of facilities provided to patients admitted to hospitals. Lack of individual meal preparation facilities and only one single meal course being provided in all wards of the hospital without any variation are major contributing factors. In this age where everyone is very well aware of the need of good nutrition to help the patient recover faster and still such issues being overlooked is a lack of awareness and education in growing countries where health still is an important issue and mostly goes unaddressed. Poor nutritional status makes the disease condition even worse and it eventually increases the hospital stay duration for the patient and attendants as well and the non-productive days bring a burden on someone else's shoulders and this goes on in every single family ultimately affecting the whole system in long run.

Furthermore, nutritionists are not available in every hospital and if in any then only one nutritionist has to look after to all the hospital patients be it a tertiary level hospital. In general practice, MBBS doctors practice nutrition on patients rather referring them to a nutritionist, they work out of their domain through the experience they have they can tackle it but if it is not their domain then they must refer the patient to the right person who is educated and experienced enough to manage the patient nutritionally. So, only if everyone remains in their right domain and work in coordination this poor health system can be redeveloped and there will be a significant decrease in the number of patients with longer hospital stays.

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