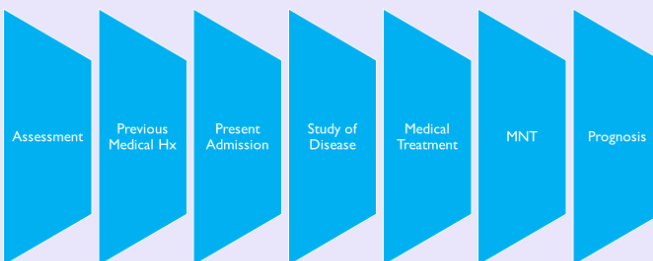


EXCERPTS FROM CASE STUDY

MINI CASE STUDY: ASPIRATION PNEUMONIA

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OUTLINE



PRESENT ADMISSION

- Suspected aspiration pneumonia
 - Severe sepsis
- Acute Hypoxic Respiratory Failure
- Intermittent altered mental status

STUDY OF DISEASE: PNEUMONIA

- **Definition:** breathing problems accompanied by swelling or infection of lung or airway
- **Etiology:** Environment (e.g. home or LTC, hospitalization, ABX, immune system)
- **Risk factors:** Age, frequent EtOH, sedative meds (e.g. anesthesia), poor gag reflex, dysphagia, poor cognition



STUDY OF DISEASE: PNEUMONIA SYMPTOMS

Symptoms:

- Dysphagia
- Coughing
- Fatigue
- Nausea
- Vomiting
- Pain
- Abnormal phlegm
- Shortness of breath
- Fever
- Chest pain



* The underlined symptoms are symptoms the patient has experienced

TREATMENT OF ASPIRATION PNEUMONIA

MEDICAL

- Antibiotics
- Oxygen therapy
- Sometimes drainage
- SLP Therapy

NUTRITIONAL

- Avoiding PO
- Supplement with nutrition support
- Increased protein needs
- Plan diet according to swallow evaluation
- Multivitamin

MEDICAL NUTRITION THERAPY NUTRITION DIAGNOSES FOR A.H.

- **Inadequate oral intake** (NI 2.1): Related to poor PO, Related to altered mental status, As evidenced by NPO, 10.9% wt loss in 1 month.
- **Increased nutrient need** (NI 5.1): Related to COPD and acute illness (pneumonia), As evidenced by severe weight loss and respiratory failure.
- **Severe Malnutrition** (NI 5.2): Related to acute illness, As evidenced by 10.9% weight loss in 1 month, muscle loss, and fat loss.
- **Swallowing difficulty** (NC 1.1): Related to dysphagia, As evidenced by hx of modified diet during previous, recent hospitalization.
- **Unintentional weight loss** (NC 3.2): Related to inadequate intake, acute illness, As evidenced by 10.9% weight loss in 1 month (severe).

MEDICAL NUTRITION THERAPY FOLLOW UP 4/2

- Failed swallow evaluation by SLP
- Small bowel tube placed
- NPO



Tube Feed Recommendations

- **Jevity 1.5** at 10 mL/hr
- Advance by 10 mL q6h to goal of 75 mL/hr--> 2363 kcal, 100 gm PRO, 1197 mL free water.
- Add/ adjust free water flushes : 30 mL q4h, last 24 hours
- Start on minimal free H2O flush (30 mL q4h). Will monitor sodium level.
- Monitor nutritional parameters - weight, TF tolerance, labs .

X-RAY

