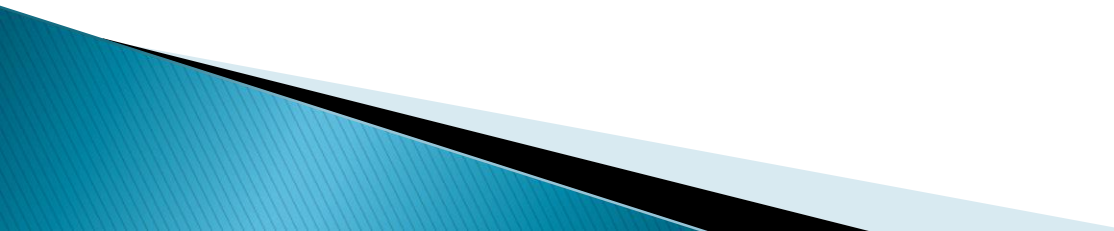
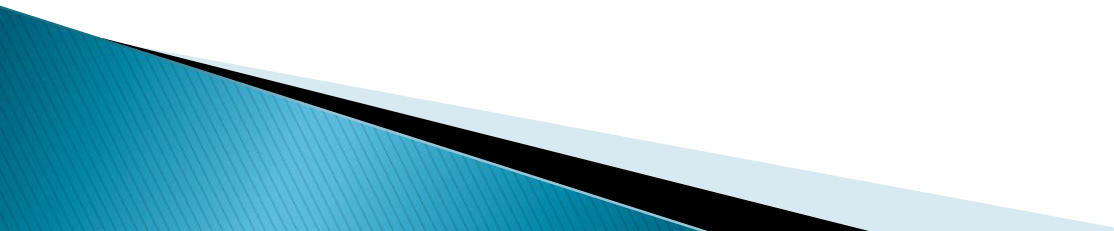


Why & How

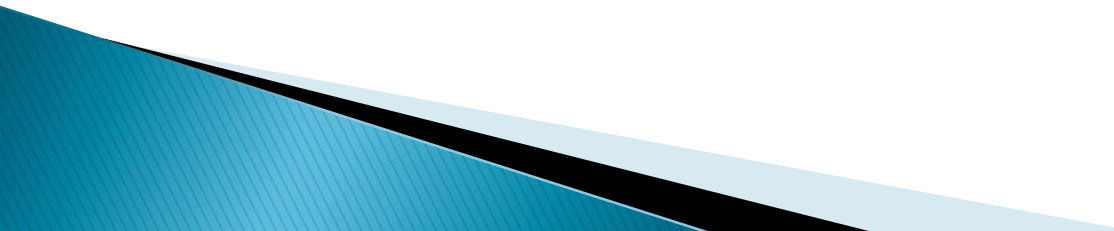
Jennifer Chang
Clinical Dietitian

Case 2

- ▶ 38 yr old woman
 - ▶ Pacific Islander
 - ▶ Supportive, big family
 - ▶ Has three young children
 - ▶ Medical Background: known Crohns disease but recently diagnosed with severe Pancreatic insufficiency
 - ▶ Started on Creons and referred to the dietitian for severe malnourishment
- 

- ▶ Presented with:
 - Low BMI, 36kg
 - Diarrhoea, up to 14 times per day
 - Deranged electrolytes
 - Poor appetite. Feeling hungry but minimal oral intake due to fatigue and GI symptoms
 - Symptoms previously thought to be related to Crohns until recently
- 

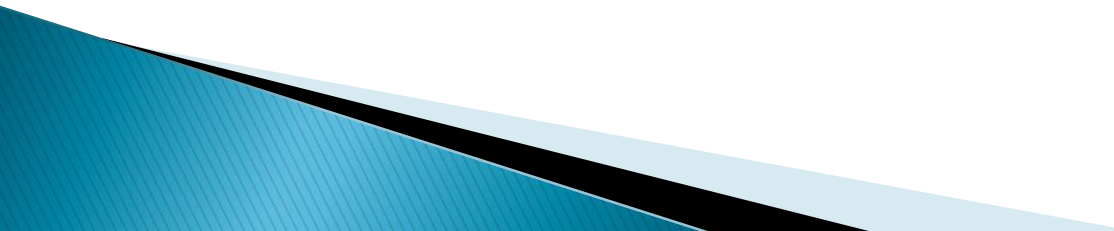
Creons

- ▶ Current recommendation:
 - 25,000 to 40,000 units of lipase per meal and 5,000 to 25,000 units of lipase per snack
 - ▶ No exceeding 10,000 units of lipase per kg per day to prevent fibrosing colonopathy
 - ▶ Recent research suggested the need to prescribe pancreatic enzyme alongside all meals regardless of fat content
- 

Case 2

- ▶ Dietary management:
 - Increased Creons from 10,000 units per meal to 50,000 units per meal and 25,000 units for snack/Ensure Plus
 - Advised to take the Creons with and during the meal
 - Discussed on high energy, high protein meal/snack options. Reinforced a balanced diet
- ▶ Follow-up:
 - Stearrhoea started again. Any guess why?

Case 3

- ▶ 35 yr old male NZ Kiwi
 - ▶ Stopped working due to medical reason
 - ▶ Type 1 DM since age of 12
 - ▶ Developed severe Necrotising Gastritis Jan 2019 -Total Gastrectomy
 - ▶ Referred to dietitians for severe Dumping Syndrome and weight loss post-op
- 

Case 3

▶ Dietary History:

- Very health conscious, knows CHO very well
- Followed all the right things for preventing Dumping Syndrome
- However when going through diet recall in depth, realised pt was having big portions each meal but he described them as “small”
- Used to have nearly 4000kcal per day as was participating lots of sport and muscle training
- Felt “urgency” to gain his weight and muscle back

Case 3

- ▶ What did I do?
 - Listened to him
 - Found out what was his goal
 - Explained proper portion size suitable post total gastrectomy
 - Discussed what's "realistic" recovery

What have I learnt

- ▶ Never assume
- ▶ Always ask open questions
- ▶ Be patient...