



NUTRI BUZZ

DEPARTMENT OF CLINICAL NUTRITION

WELCOME TO THE FIRST EDITION

It gives me great pleasure to launch the first issue of AUBMC's Department of Clinical Nutrition newsletter on the occasion of Dietitian Day which falls on the second Wednesday of March of each year. The day is celebrated in recognition of the expert role that dietitians play in managing health and disease. Our dietitians are dedicated towards the advancement of nutrition and wellbeing of patients and the community.

In this issue, we will share with you some of our services and achievements. In addition we will feature our dietitians in special programs and clinics and highlight a nutrition topic of relevance to our current practice.

Widad Ayass, MS, APD, LD
Director, Department of Clinical Nutrition



OUR CLINICAL SERVICES

Specialized medical nutrition therapy is provided by dietitians to:

Patient Units and Programs:

All hospital inpatient units including all adult and pediatric critical care units, medicine, surgery, cardiology, neurology, oncology, psychiatry, transplantation, pediatrics, neonatal care and maternity medicine.

Programs and services such as bariatric surgery, dialysis, inherited metabolic disease, epilepsy, TOP-ED eating disorder program, liver disease, heart failure and cardiopulmonary rehab.

Ambulatory Services:

Clinical dietitians receive patients at the Dietitian Clinics located within the Metabolic and Bariatric Surgery Unit (MBSU), Endocrinology (Pierre Abou Khater Bldg) and Family Medicine (Wassef and Souad Sawwaf Bldg).

Pediatric dietitian receives patients at Pediatrics Specialty Clinics including the Pediatric and Adolescent Weight Control Program as well as the Inherited Metabolic Disease Program.

Services are extended to Children's Cancer Center of Lebanon and Naef K. Basile Cancer Institute outpatient units, OPD Clinics (pediatrics, diabetes, obstetrics & gynecology and surgery) as well as Smoking Cessation program.

Two initiatives have been undertaken to improve outpatient experience: a walk-in service at the Dietitian Clinic in MBSU, and a reduced rate for the AUB and AUBMC community when they attend at the Dietitian Clinic in Family Medicine. Both initiatives had been well received.

TRAINING, EDUCATION AND RESEARCH

Dietetic Practicum

Fifteen BS Nutrition and Dietetics students from AUB are currently training under the supervision of our clinical dietitians to become Registered Dietitians at the Academy of Nutrition and Dietetics in the US.

International Clinical Nutrition Training Program

This program has been created jointly with External Medical Affairs in order to meet the needs of healthcare professionals, dietitians and physicians, who run clinical services in the field of nutrition outside Lebanon. So far, we had participants from Iraq, Sudan, UAE and Yemen.

Education and Research Activities

- Ms. Rania Khatib Doumani was a guest speaker at the Intensive Care Nutritional Therapy (ICNT) Conference in Amman, Jordan, March 1-4, 2018. She presented on the management of obese patients in ICU: Is Bigger Better? A Fat Chance!
- Ms. Mariam Allaik Kamareddine and Ms. Jana Jabbour delivered didactic sessions to the endocrinology fellows during February 2018. The topics covered nutrition assessment of inpatients and indications for nutrition support; nutrition assessment in outpatients namely type 2 diabetics, obese and post bariatric surgery.
- Ms. Abir Barhoumi was invited by the Lebanese Association for Early Childhood Development (LAECD) to provide training sessions to primary health workers on the topic of Growth Standards and Assessment on February 27 and March 9, 2018.
- Ms. Jana Jabbour presented on the subject Nutrition and Colorectal Cancer: from Prevention to Management, during the Colorectal Cancer Awareness Day which was held at the Modern University for Business & Sciences (MUBS) on February 2, 2018.
- Ms. Abir Barhoumi continued to provide educational sessions to Med IV students on hospital diets and nutrition assessment. She also, gave several sessions to teaching residents in the Department of Family Medicine about nutrition counseling during their community rotation. Other sessions addressed training pediatric residents during their elective pediatric GI nutrition rotation.
- Ms. Mariam Allaik Kamareddine planned a series of educational sessions delivered by dietetic students to patients at AUBMC Hemodialysis Unit (HDU). The sessions aimed at improving their nutritional intake.



- Ms. Jana Jabbour, Ms. Lara Istaitie and Ms. Mirna Dehaini attended a training course on the subject of nutritional intervention in gastrointestinal disorders on February 10, 2018.
- Ms. Diana Wazne Baydoun attended the American Society for Parenteral and Enteral Nutrition ASPEN 2018 Nutrition Science & Practice Conference in Las Vegas from January 21 to 25, 2018.
- Ms. Mariam Allaik Kamareddine, Ms. Rania Khatib Doumani, Ms. Hind Dakhil Abboud and Ms. Lara Istaitie attended the International Conference for Advancing Nutrition (ICAN) on December 2, 2017.
- Ms. Jana Jabbour had an abstract accepted for presentation at the 2018 European Society for Blood and Marrow Transplantation EBMT to be held in Lisbon, Portugal, March 18-21, 2018. The abstract is entitled: "Nutrition Counseling Improves Malnutrition Scores among Hematopoietic Stem Cell Recipients: Results of a Randomized Controlled Trial". Co-authors are: Manana B.; Sakr, M.; Zahreddine, A.; Tamim, H.; Bazarbachi, A.; Blaise, D. and El-Cheikh, J.

DIETITIAN ON A MISSION

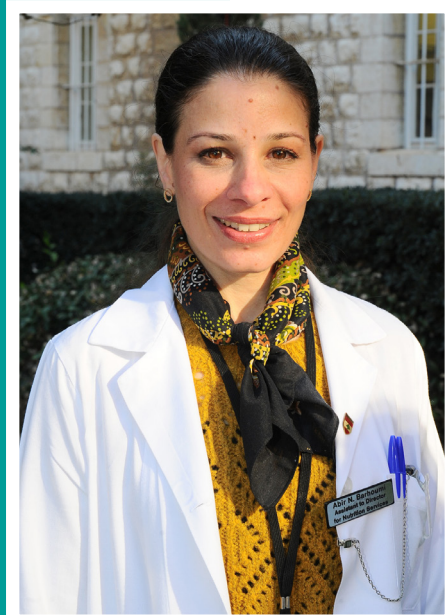
Ms. Abir Barhoumi – MSc, LD

Inherited Metabolic Disease IMD Program Dietitian

Ms. Abir N. Barhoumi is the Assistant Director at the Department of Clinical Nutrition. She is also the Clinical Dietitian responsible for regular and critical care pediatrics and neonates, pediatric oncology, pediatric transplantation, pediatric cardiology and epilepsy, as well as the inherited metabolic diseases (IMD).

Ms. Barhoumi has twenty years of experience in the nutritional management of patients with genetically inherited conditions. These include but are not limited to: disorders of amino acids, disorders of fatty acid oxidation, organic acid disorders, mitochondrial diseases, lysosomal storage and glycogen storage disorders. As the IMD Program dietitian, Ms. Barhoumi works closely with the IMD Program Director, Dr. Pascale Karam to determine the intricate nutritional modifications for each patient since diet is based on the interpretation of the affected biochemical pathways. Frequent monitoring, follow ups, and dietary adjustments are needed along the long course of treatment.

Ms. Barhoumi is a member of the Middle East Metabolic Group (MEMG) and shares her unique expertise through their annual conference and workshops.



COMMUNITY CONNECTION

Ms. May Sakr Maalouf was invited to talk about nutrition during pregnancy at the brunch workshop entitled: Your Path to Motherhood, addressed to pregnant ladies and their spouses, organized by AUBMC Women Health Center on February 3, 2018.

A group of AUBMC dietetic students, in collaboration with AUBMC Health and Wellness Program, participated in the University for Seniors program at AUB by raising awareness about nutrition in the older population among the program attendees on December 5, 2017.

Ms. Diana Wazni Baydoun, Ms. May Sakr Maalouf, Ms. Hind Dakhil Abboud, Ms. Lara Istaitie and Ms. Mirna Dehaini collaborated with the Department of Communication & Public Relations and the Food Services Department to prepare 24 in house filmed healthy recipes posted all through 2018 on AUBMC Social Media Platforms. (Facebook, Instagram and Twitter).



NUTRITION IN FOCUS

MALNUTRITION

Malnutrition in hospitalized patients is considered to be among the prevalent conditions that may go unrecognized and undertreated. According to Defeat Malnutrition Today, which is a coalition of sixty five organizations and stakeholders in the US that works to defeat older adult malnutrition, focusing on malnutrition in healthcare helps decrease healthcare cost, improve patient outcomes, reduce readmissions, support healthy aging and improve quality of healthcare.¹

In order to identify and manage malnutrition early on, one has to follow a multidisciplinary process in which screening, diagnosis, and intervention are applied. Nutrition screening is performed by nursing staff upon admission to identify the patients who are at risk. The clinical dietitian conducts nutrition assessment in which the Academy of Nutrition and Dietetics (AND) and the American Society for Parenteral and Enteral Nutrition (ASPEN) consensus characteristics to diagnose malnutrition are used.

Two or more characteristics are recommended to be present. These are²:

- Insufficient energy intake
- Weight loss
- Loss of muscle mass
- Loss of subcutaneous fat
- Localized or generalized fluid accumulation that may sometimes mask weight loss
- Diminished functional status as measured by handgrip strength

The clinical dietitian then develops the nutrition care plan and collaborates with the multidisciplinary team for the implementation of the nutritional intervention. The latter could involve the use of oral nutritional supplements and the liberalization of the diet, and even instituting nutrition support in the form of enteral or parenteral nutrition as dictated by the patient clinical and nutritional status, while taking measures to prevent refeeding syndrome. Continuous monitoring and adjustments are made as the response to therapy is evaluated. Patient and family education is conducted and the nutrition care is incorporated in the discharge plan.

1. Older Adult Malnutrition Infographic. Defeat Malnutrition Today. <http://www.defeatmalnutrition.today/resources>

2. White JV, Guenter P, Jensen G, Malone A, Schofield M; Academy Malnutrition Work Group; A.S.P.E.N. Malnutrition Task Force; A.S.P.E.N. Board of Directors. Consensus statement: Academy of Nutrition and Dietetics and American Society for Parenteral and Enteral Nutrition: characteristics recommended for the identification and documentation of adult malnutrition (undernutrition). JPEN 2012; 36(3):275-283.