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Dietary habits and nutritional status of patients with chronic wounds in Taabo Health care center, Côte d'Ivoire

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Introduction

Nutrition is an essential aspect in a wide approach to the healing of wounds, including traumatic and infectious wound. Poor nutritional status or inadequate nutritional intake may delay the healing process or lead to inadequate healing when nutritional deficiencies are not correctness. This is crucial in a context of chronic malnutrition and food cultural restriction among chronic wound patients in developing countries like in Côte d'Ivoire.

Objective

The aim of the paper was to evaluate the nutritional status and food habits of chronic wounds patients.

Results

food habits reveal that the majority adhered to the 3 main daily meals; 76% took breakfast every day, 69% took lunch, and 79% the dinner. The basic diet made up of 3 food groups and 23 foods and dominated by starchy foods 67% in their daily diet..
Fish and eggs are the main proteins consumed 47%; Vegetable consumption 37% dominated by eggs plant. Very little consumption of fruit 19%.
About nutritional status of patients; 21% of patients suffer from malnutrition, 15% of whom are chronic and 85% acute13% overweight and obese patients. Males were more undernourished (46%) than females (42%). Underweight among Buruli ulcer patients. BMI significantly influenced ($P < 0.05$) by patient age and wound etiology.
49% of patients were anemic at recruitment.
hemoglobin levels were influenced by wound etiology, patient age and BMI at recruitment.

Conclusion

The basic diet made up of 3 food groups and 23 foods. Basic diet dominated by cereals, mainly rice. Fish and eggs are the main proteins consumed Vegetable consumption dominated by eggs plant. Very little consumption of fruit and vegetables.
Normal weight in male patients, Negative influence of infectious etiologies (Buruli ulcer, Erysipelas) on the nutritional status of patients with chronic wounds, Anemia was present in almost half of chronic wound patients at recruitment. Hypoalbuminemia allowed malnutrition to be diagnosed in patients despite their normal build

Methods

It was a prospective and interventional study conducted from May 2019 to March 2021 among chronic wound patients (n=68) in Taabo health center, Côte d'Ivoire. Socio-demographic data, patient history, dietary habits through 24-hour food Recall, as well as biological and nutritional parameters and indicators of wound healing were collected.

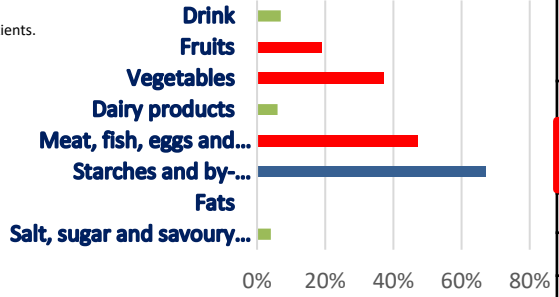

Figure 1: food consumption diary

Table I: Patient nutritional status at recruitment

Age group and pathology	Underweight n=14 (21 %)		Normal weight status n=45 (66%)	Over weight n=7 (10%)	Obesity n=2 (3 %)
	Under nutrition	Wasting	0	0	0
BU patients < 15 years (%)	7,14	64,28	32,43	0	0
BU patients > 15 years (%)		21,42	29,73	28,57	0
Traumatic wound patients < 15 years (%)	7,14		8,11	28,57	0
Traumatic wound patients > 15 years (%)	0	0	16,22	42,86	100
Fasciitis patients < 15 years (%)	0	0	2,70	0	0
Fasciitis patients >15 years 15 years (%)	0	0	10,81	0	0

Table II: albumin levels in patients

Parameters	Values (30-40g/l)
Albumin	10,9- 24,1 g/l

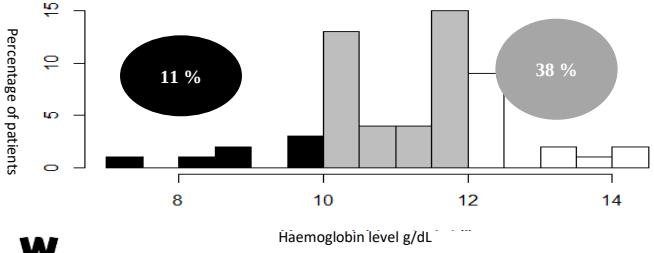

Figure 2: haemoglobin at recruitment

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Partners

Funders