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BACKGROUND

For cardiovascular surgery patients, we provided a high-protein nutritional supplement drink which has a low volume and high nutrition density. This improved the taste and diversity of meals, and also the patients could easily consume nutrition. For colorectal surgery, we included feedbacks from the patients that the amount of meal was too much. Therefore, we decreased the amount of each meal and added preferred snacks to increase intake. In addition, by examining the recent medical and dietary guidelines of other hospitals, the degree of food restrictions was alleviated to diversify the composition of meals.

METHOD

Figure 3. Nutrition Management Protocol

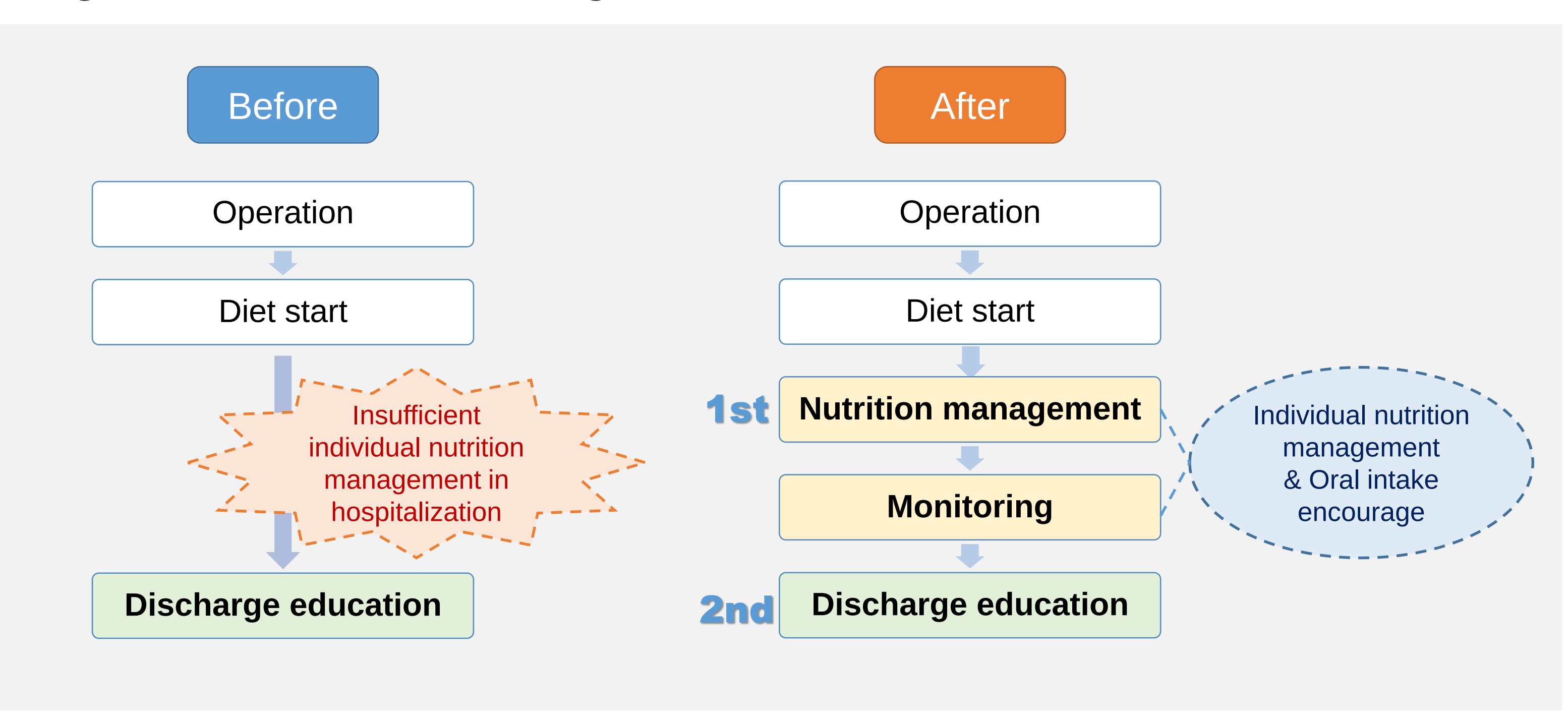


Figure 1. Post Cardiovascular Surgery (PCVS) Diet

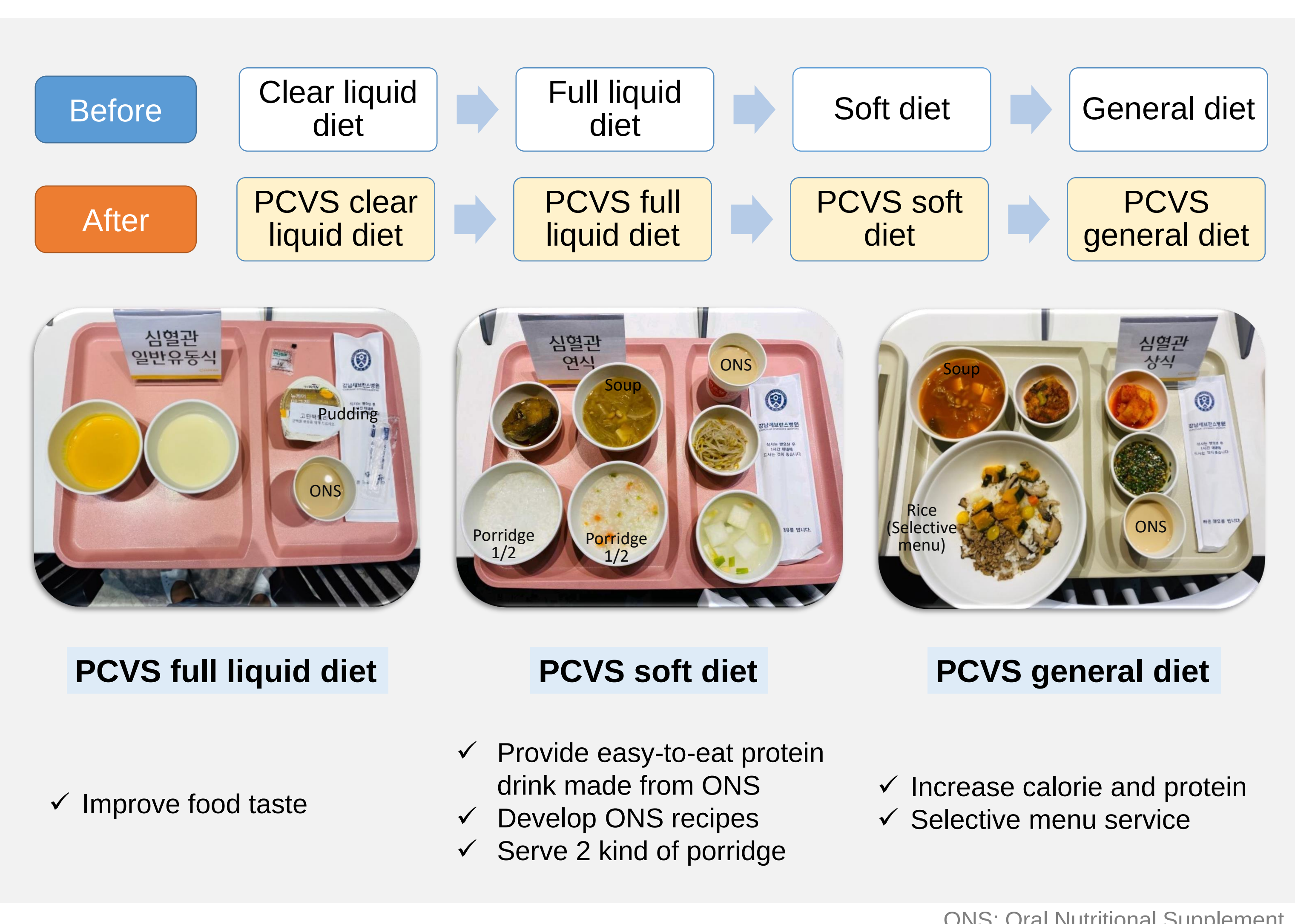
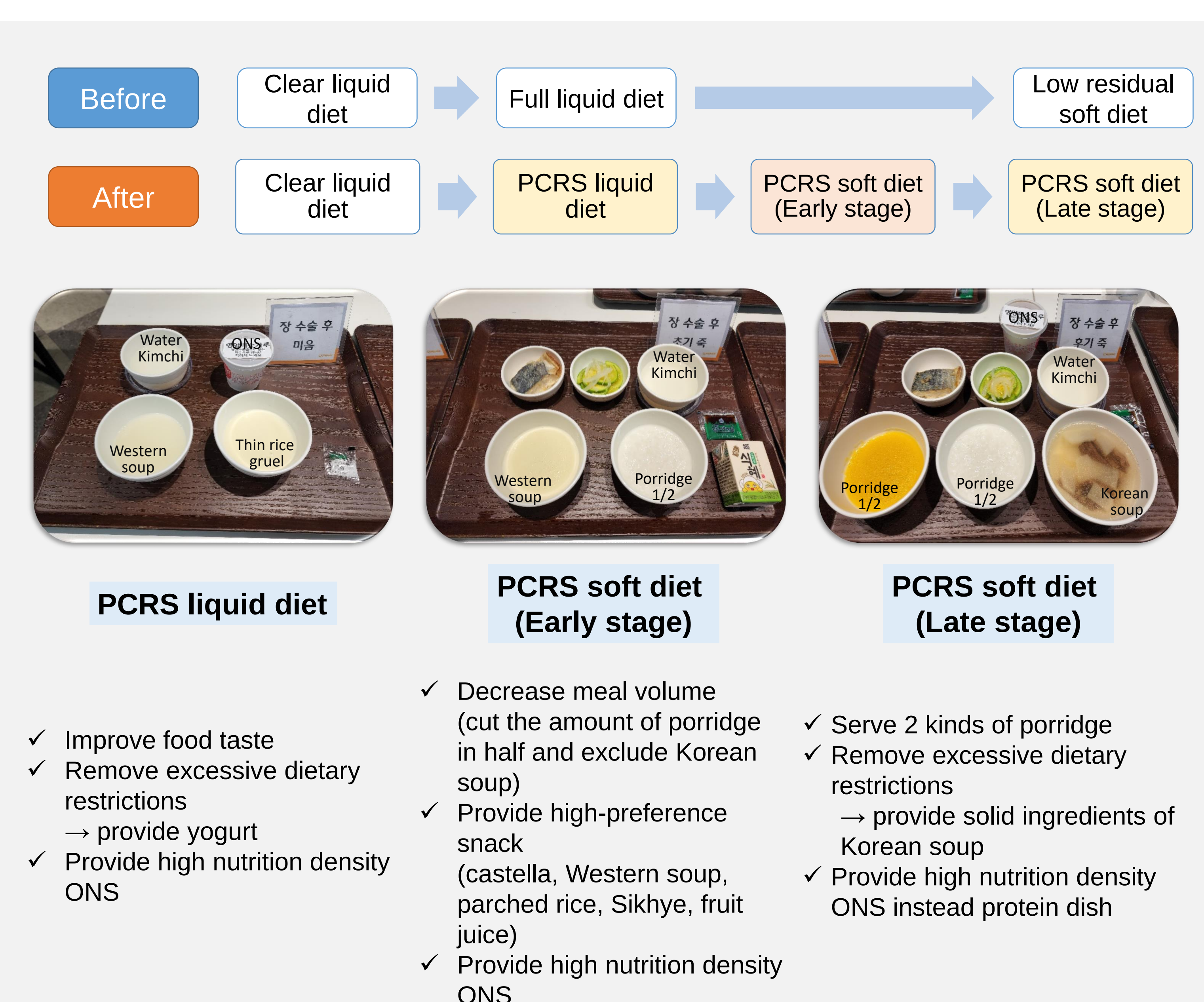
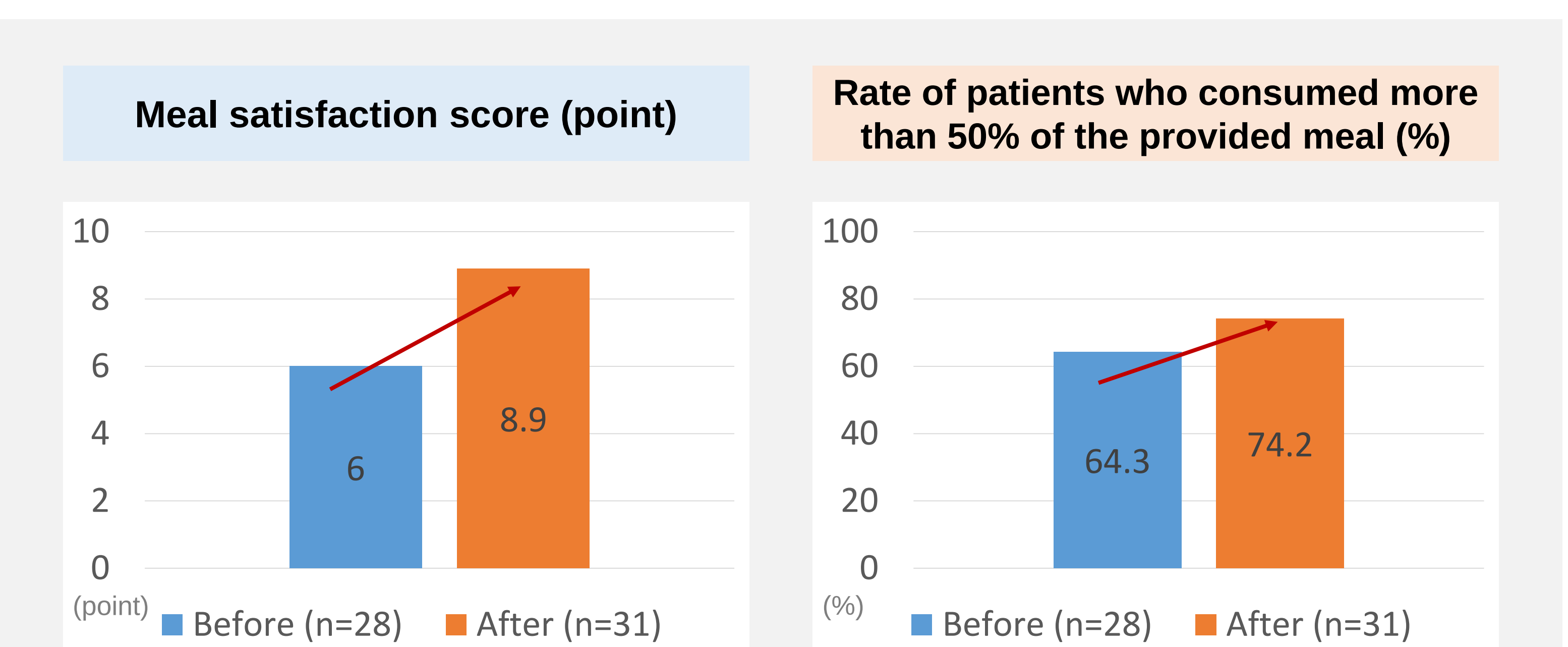


Figure 2. Post Colorectal Surgery (PCRS) Diet

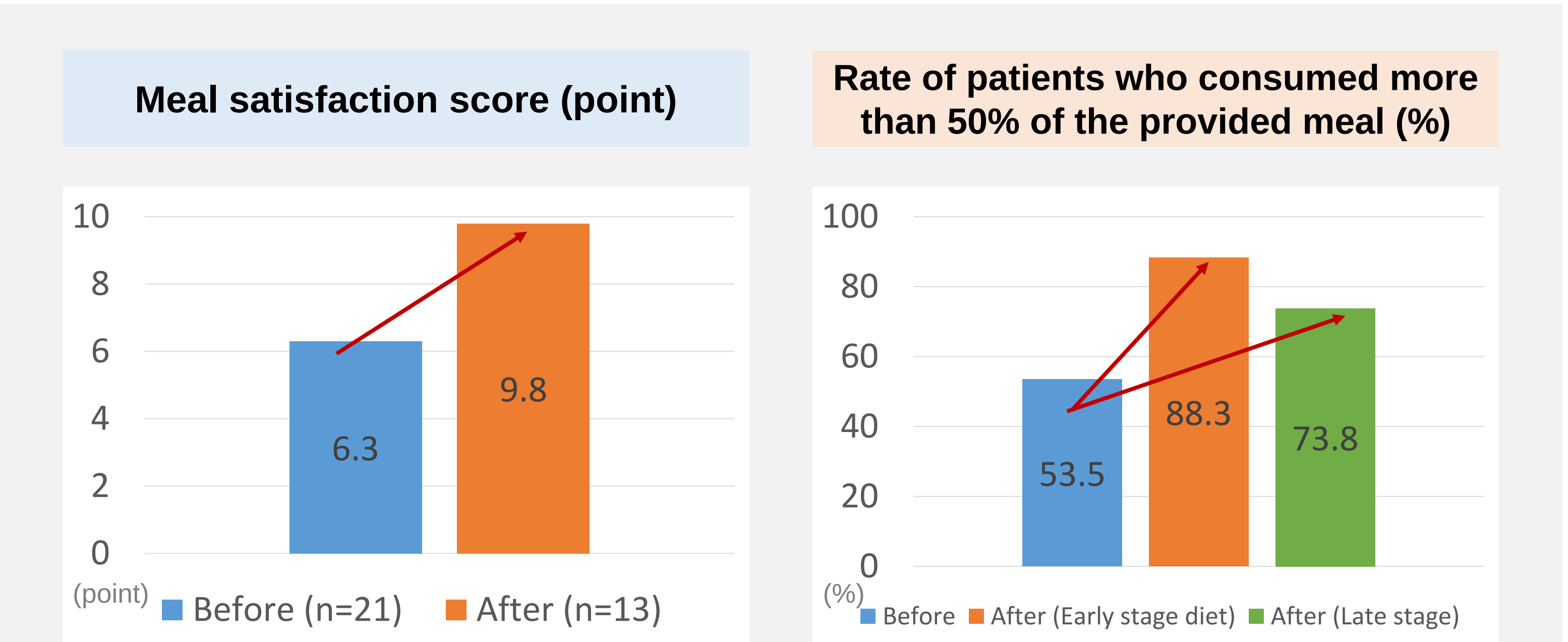


RESULTS

Graph 1. Results of cardiovascular surgery patients



Graph 2. Results of colorectal surgery patients



CONCLUSION

Through this study we were able help patients' dietary transition by reducing the meal volume and increasing nutritional density. In addition, we increased the patients' understanding of the postoperative diet by strengthening nutrition management at the beginning of the meal. This study was meaningful because we were able to improve meal satisfaction and intake by accommodating patients' proposal and communicating with other medical staffs. In conclusion, we expect that this study will contribute to prevent malnutrition and enhance treatment effects ultimately.