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PROPOSAL OF A REFERENCE PATTERN FOR NUTRITIONAL EVALUATION IN NURSERIES CHILLAN, 2012

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Chile initiated the health reform process in 2000, which has required an up-to-date diagnostic to evaluate and reformulate sectorial policies, estimate the demand that the health system will face and establish the corresponding epidemiological surveillance. We have used quantitative, retrospective analytical model to assess the pattern and have used 270 nurses, between 18 and 42 years old, enrolled in four health centres of the Linares district, Chile. This study identifies the parameters that allow the correct diagnosis of nutritional status in wet nurses. It evaluates the nutritional status of wet nurses from their gestation stage. Determine a mathematical system that allows the design of the reference pattern in the determination of the cut points of the Body Mass Index (BMI). Compare the results of the nutritional diagnosis obtained through three evaluation criteria: using points of cut of Body Mass Index (BMI) for the general population; cut points proposed by experts and the proposal developed in this investigation. Normality is located in the second quartile (median), a criterion also shared and used by other researchers such as Atalah in Chile and Grandi et al., in Argentina. The curve that describes the linear regression adds a clinical criterion derived from the qualitative interpretation of the data and the comparison with the proposal of the experts. It is possible to estimate a mathematical system according to the trend of the data, through the application of a linear regression model, a bio statistical numerical analysis method that allows studying the data considering all the components of the data including the bias, for this way to study the predominant behaviour of the variables under study. It is the method used (Reference Standard) to evaluate the nutritional status in Nodrizas. When comparing the results of the nutritional diagnosis, compared to the three existing assessment methods, it can be concluded that the evaluation method proposed in this research represents intermediate results between the two previous methods described (BMI according to pattern reference of the general population and Atalah and Cols.), showing a greater approach in the initial phase (before 90 days), with the proposal by Atalah and Cols., and in the final phase (before 180 days) with the cut-off points of the general population.

BIOGRAPHY

Alejandra Meléndez González is working on the project to propose a reference pattern for the assessment of nutritional status in nursing mothers in Medical University of the Americas, Chile. Her research interests are in health and nutrition studies of the wet nurses.

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