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Nutritional management cirrhosis of the liver disease: A case report category : Nutritional sciences

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Background: According to the Nation Center for health Statistics cirrhosis of the liver is the 12th leading cause of death in the U.S and it is primarily caused by alcoholic liver disease. National Center for Health Statistics indicated cirrhosis is higher in blacks than in whites and the highest mortality rate is among Hispanics. Results from NHANES Study the frequency of steatohepatitis and cirrhosis varies significantly by ethnicity: 45% Hispanics, 33% whites and 24% among blacks, Mexican Americans and Blacks have a greater risk of developing liver disease than their white counterparts.

Research Question/Hypothesis: The objective of this study is to investigate the importance of specific nutrients in the nutrition management of cirrhosis of the liver.

Methods used in the Investigation: This study was a single-subject case report of a 49-year-old African American male that was diagnosed with several comorbidities including idiopathic cirrhosis of the liver. This subject was chosen at random from the Howard University Hospital.

Results and Conclusion: Patient had several nutrition diagnoses including malnutrition, inadequate oral intake, and impaired nutrient utilization and increase energy and nutrient requirements. Nutrition plays a key role in the management of cirrhosis of the liver specifically restricting fluid and sodium, providing adequate carbohydrate, protein and medium chain fatty acid as well as micronutrients such as B vitamins and the fat-soluble vitamins.

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