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BIOGRAPHY

Yasmine Fakhry holds a BSC in Nutrition and Dietetics from American University of Beirut in 2008 and an MBA from Lebanese American University in 2012. She is currently the Head of Dietetics and Foodservice and HACCP team leader at Rae Hospital. She is also the coordinator of the dietetics internship program there and is a member of the following committees: Infection control, occupational health and safety and continuous education. She has more than nine years of extensive experience in both clinical and therapeutic nutrition as well as in food safety. Her interests are hospital policy and planning, healthcare marketing as well as malnutrition management. She is also a part time university instructor in public health courses. Currently, she is planning for her PhD studies.

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MALNUTRITION IN HOSPITALIZED PATIENTS BETWEEN LITERATURE AND CURRENT CHALLENGES

Malnutrition has become an alarming issue in the public health agenda worldwide. According to WHO, 1.9 billion adults are overweight or obese, while 462 million are underweight. On the other hand, 52 million children under five years of age are linked to under nutrition. Malnutrition is a direct precursor of poor health status, high healthcare expenses and high length of stay at hospital in addition to being a direct cause for morbidity and mortality. This lecture will focus on malnutrition in terms of under nutrition, wasting and cachexia in hospitalized patients from screening and assessment to management. Author will be highlighting current literature and daily challenges in Lebanese Hospital sector.