

Scientific Tracks & Sessions

November 22, 2022

Clinical Nutrition 2022



19th INTERNATIONAL CONFERENCE ON
CLINICAL NUTRITION AND FITNESS
NOVEMBER 22, 2022 | WEBINAR

Sessions on

November 22, 2022

Nutrition in Women | Food Microbiology | Nutrition and Obesity | Nutrition treatment and disorders | Food Microbiology

Session Chair

Erik Froyen | California State Polytechnic University | USA

Session Introduction

Title: **Medical nutrition therapy for 47th woman with altered mental status uremic encephalopathy chronic kidney disease on hemodialysis**

Shinta Koastin Tianti Putri | General Practitioner | Indonesia

Title: **Gestational diabetes in selected southeast asian countries: Prevalence, risk factors, potential actions**

Maria Sofia V Amarra | University of the Philippines | Philippines

Title: **The prevalence of metabolic syndrome in Punjabi community of New Delhi - a community survey**

Deepika Dhawan | Chitkara University | India

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Medical nutrition therapy for 47th woman with altered mental status uremic encephalopathy chronic kidney disease on hemodialysis: a case report

Shinta Koastin Tianti Putri, Nurhati Febriani
RSUD Hj Anna Lasmanah Banjarnegara, Indonesia

Background: Uremic encephalopathy is a complex syndrome associated with acute kidney injury or chronic kidney disease. Manifestations of this syndrome is varied from mild to severe. Medical nutrition therapy by managing the diet followed by general medical therapy can have better chance to improving patient's condition.

Case Report: A case of 47-year-old woman with altered mental status caused by uremic encephalopathy, CKD on HD. Pre dialysis weight is about 50 kg and post dialysis weight 48 kg, with the height 156 cm. Reported a long history of hypertension and had a family history of diabetes mellitus on the fraternal side. The patient lied with NGT on Intensive Care Unit and with fluid restriction and low protein diet. Targeted calories 25-30 mg/kgBw/day and protein 0,6-0,8 mg/kgBw/day. The patient is being discharged with low protein enteral formula after 7 days care.

Conclusion: Energy requirement for critically ill care accord-

ing to ASPEN 25-30 kcal/kgbw/day, carbohydrates intake should not exceed 5mg/kg/min and protein required is about 1.2–2.0 g/kg/day. According to ESPEN, 70% - 100% of measured energy expenditure should administered to critically ill patients, 2 g/kg of carbohydrates per day and 1.3 – 1.5 g/kg/day of protein. In this case, the patient has diagnosed by uremic encephalopathy and according to KDOQI/KDIGO, the patient should has 25-25 kcal/kg/day to meet energy intake and 0.6 – 0.8 g/kgbw/day protein, carbohydrates are not mentioned specifically. Medical nutrition therapy evaluated from intake monitoring, ureum and creatinine levels also the clinical condition. ET tube and nasogastric tube extubated on fourth day, and the patient can consume soft food orally.

Biography

Shinta Koastin Tianti Putri is a general practitioner in RSUD Hj. She has graduated from Faculty of Medicine Maranatha Christian University in 2019 and currently working at RSUD Hj.

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Gestational diabetes in selected Southeast Asian countries: Prevalence, risk factors, potential actions

Maria Sofia V Amarra

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Gestational Diabetes Mellitus (GDM) is increasing, particularly in Southeast Asia. This paper presents findings from a symposium organized by the International Life Sciences Institute Southeast Asia (ILSI SEA) which discussed the growing issue of gestational diabetes and how it can be addressed in the region. The objectives were to: (i) assess the prevalence of GDM in selected countries (Malaysia, Singapore, Indonesia, Thailand, Philippines, Vietnam) and identify nutritional and other risk factors; (ii) identify country actions to address GDM and challenges in implementing these actions; (iii) recommend measures to prevent/reduce the prevalence of GDM in Southeast Asia. Prevalence ranged from 1.9% in Indonesia to 20% in Vietnam. Nutritional risk factors for GDM were pre-pregnant overweight and obesity, dietary intake, and micronutrient status. Non-nutritional risk factors were family history of diabetes mellitus, history of GDM, obstetric history, use of corticosteroids and hormone contraceptives. Country-level actions to address GDM included modification of cultural beliefs and practices which may contribute to GDM, promotion of health literacy and diabetes education, and development of interventions particularly the use of medical nutrition therapy to promote ideal body weight during pregnancy, appropriate gestational weight gain, and removal of excess weight post-delivery. Challenges in GDM control were the high prevalence of overweight and obesity among women, the lack of pre-conceptual screening for GDM risk, lack of longitudinal health care for GDM mothers, and the lack of uniform guidelines and inadequate implementation within countries. Regional recommendations included universal screening for GDM to capture women

without risk factors, adoption of common diagnostic criteria across countries in the region, and stimulation of local research to identify best practices for prevention and management of GDM.

Recent Publications

1. Mohamed HJJ, Loy SL, Mitra AK, Kaur S, Teoh AN, Rahman SHA, Amarra MS. Maternal diet, nutritional status and infant birth weight in Malaysia: a scoping review. *BMC Pregnancy and Childbirth*. 2022; 22:294.
2. Amarra MSV, de los Reyes F. Intake and sources of total sugar among Filipino children and adolescents aged 7 months to 18 years. *Clinical Nutrition ESPEN*. 2021, Vol. 41:PS600-S601.
3. Amarra MS, Capanzana MV, Gironella G, de los Reyes F. Identification of foods to monitor the sodium content of processed foods using nationally representative consumption data for developing a sodium reduction program in the Philippines. *Journal of Nutrition and Food Sciences*. 2021; Vol.11. Iss510 No:829.

Biography

Maria Sofia V Amarra obtained her Ph.D. Nutrition from the University of the Philippines, Diliman, Quezon City and Certificate in Biochemistry from the Postgraduate Institute of Medicine, University of the Philippines, Manila. She is currently a Faculty Member at the School of Nutrition, Philippine Women's University, Taft Avenue, Manila and professorial lecturer at the Department of Food Science and Nutrition, College of Home Economics, UP Diliman. Her previous affiliations were with the International Life Sciences Institute, Southeast Asia Region and the Food and Nutrition Research Institute, Department of Science and Technology. Her published studies examined how nutrition influences health in the Philippines and other Southeast Asian countries.

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The prevalence of metabolic syndrome in Punjabi community of New Delhi- a community survey

Deepika Dhawan

Chitkara University, India

Background & Aim: Metabolic Syndrome (MetS) is an inter-linked quartet of factors- abdominal obesity, type 2 diabetes, hypertension, and dyslipidemia. The aim of the study was to find out the prevalence of MetS in Punjabi community among individuals of age group 18-55 years.

Methods: The socio-demographic and lifestyle characteristics of subjects along with data for anthropometric measurements and metabolic profile were extracted to distinguish subjects with MetS using IDF (International Diabetes Federation) criterion by organizing health camp in Gurudwara, New Delhi.

Results: The incidence of MetS was 26.10% among Punjabi community, it peaked to 56.96% in 50-55 years of age and dropped to 4.5% in 18-24 years. The statistical analysis presented an association and significant difference among MetS and Non-MetS patients for variables waist circumference, BMI (Body Mass Index), blood pressure, total triglycerides, fasting blood glucose, HDL (High Density Lipoprotein), and LDL (Low Density Lipoprotein) cholesterol at $p < 0.01$, except for physical activity score using Chi-square test and t-test.

Conclusion: Punjabi community is susceptible to MetS due to its genetic predisposition and affluent lifestyle and early diagnosis may help manage its implications and further investigation must be done to demarcate MetS, especially in the primary care setting.

Recent Publications

1. Patent: Chauhan C, Sharma P, Dhawan D. (2022). Gold Nanoparticles with Albizia Lebreckl Benth Leaves Extract for Dermal Cancer. Application No. 202211061864 A.
2. Edited Book: Chauhan C, Dhawan D. (2022). Home Science as a Vocational Subject: Challenges and Opportunities. Star Publications, Agra. (ISBN: 978-93-81246-60-3)
3. Book Chapter: Singh R. Dhawan D. (2023). Antidiabetic Benefits of Dietary Flavonoids. In Sharma N, Saini D, Kesharwani, RK, Gupta, PC, Keservani RK (Ed.), Advances in Flavonoids for Human Health and Prevention of Diseases. Apple Academic Press

Biography

Deepika Dhawan is currently working as an Assistant Professor at Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Rajpura, India. She has recently completed her Ph.D. in Food Science and Nutrition (Home Science), Banasthali Vidyapith, Rajasthan in the year 2022. She has more than 4 year experience in teaching and research. She did her post-graduation in Food Science and Nutrition from Banasthali Vidyapith, Rajasthan in 2018 and graduation in Home Science (Hons) from Institute of Home Economics, University of Delhi in 2016. The major research areas of interest include metabolic syndrome and non-communicable diseases, food product development and analysis, and community and therapeutic nutrition. She has written 8 journal articles, a patent, an edited book, 2 book chapter and given 7 paper presentations in conferences and seminars. She has also received about 57 citations on google scholar from the published articles.

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