

359 Recent Major Surgery, Trauma, Burns (ALL)

- Description**
- Surgery, trauma or burns affecting nutrition (includes C- sections) in past two months, or >2 mo when continued nutrition support needed
  - Can lead to malnutrition; changes in energy needs, glucose, protein and fat metabolism

**Assess Readiness for Change:** with open ended questions

- “You recently had xx (i.e. C-section surgery). What special instructions did the Dr give related to eating and healing?”
- “How has eating been going since your xx (i.e. C-section surgery)?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“He just said eat normally. It is still painful so I haven’t been hungry.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “What has the Dr given you for pain? How helpful has that been in increasing your appetite?”</li> <li>• “When you don’t have an appetite, tell me what you have found that you can eat?”</li> <li>• “What besides the pain affects your appetite?”</li> </ul>	<ul style="list-style-type: none"> <li>• “You are eligible for WIC because surgery puts added stress on your body. Eating well is important for healing. May I share with you some ideas for quick foods when you are tired?”</li> <li>• Offer feeding suggestions for disease/condition</li> <li>• Not high risk but refer to RD if above comfort level</li> </ul>

**Record Plan or Goal** Mom accepted quick food ideas. Monitor weight. Re-assess needs next appointment.

<p><b>Unsure</b> →</p> <p>“I’ve been eating but it is hard with the other kids and a new baby?”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “You have a lot going on now. What kind of help do you have at home?”</li> <li>• “What kind of meals are you able to fit in for yourself?”</li> <li>• “On a scale of 1-10, how well do you think you eat now compared to when you first had your surgery?”</li> </ul>	<ul style="list-style-type: none"> <li>• Address nutrition related aspects of the trauma:                             <ul style="list-style-type: none"> <li>○ Weight loss</li> <li>○ Impaired wound healing (increased nutrient need)</li> <li>○ Less resistant to infections</li> <li>○ Side effects of condition or medications</li> </ul> </li> </ul>
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**Record Plan or Goal** Husband good help at home. Mom able to get meals and snacks with help. Re-asses next appointment.

<p><b>Ready</b> →</p> <p>“The Dr said eat what I want but I have had such horrible gas since delivery.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “Gas is a common side effect with a C-section. Have you found anything that helps reduce the gas?”</li> <li>• “How familiar are you with foods that cause gas?”</li> </ul>	<ul style="list-style-type: none"> <li>• “People tolerate foods differently, but some foods that may cause gas are broccoli, cabbage, and cauliflower. Talk to your Dr about allowed activity, as walking may also help.”</li> </ul>
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**Record Plan or Goal** Mom to temporarily limit gas forming foods. To walk, as says not a limited activity. Follow-up gas issue next appointment.

<b>Education Resources</b>	<p><a href="http://www.merck.com/mmpe/sec22/ch335/ch335f.html">http://www.merck.com/mmpe/sec22/ch335/ch335f.html</a> Resource- <i>post surgery care</i></p> <p><a href="http://www.merck.com/mmpe/sec21/ch315/ch315a.html">http://www.merck.com/mmpe/sec21/ch315/ch315a.html</a> Resource- <i>burns</i></p> <p><a href="http://www.burnsurgery.com/index_4x.htm">http://www.burnsurgery.com/index_4x.htm</a> Resource- <i>metabolism and nutrition in burn patient</i></p>
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