

CNW12 Outline

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Title: Improving the Quality of Life in Gastroparesis

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Overview/summary:

Gastroparesis “paralysis of the stomach” is a digestive disorder that can be a very debilitating disease for many patients as symptoms include severe abdominal pain, nausea, vomiting, early satiety, and weight loss. There are many possible causes of gastroparesis ranging from diabetes, endocrine disorders, infection, scleroderma, neuromuscular diseases, idiopathic/unknown causes, cancer, chemotherapy, radiation and surgery of the upper intestinal tract. Dietary intervention requires symptom management training. Foods that naturally slow gastric emptying and/or put patient at risk for bezoar formation should be removed from diet and each patient should learn how to further tailor their diet depending on their symptoms. Long-term interventions such as HEN or HPN may be needed in severe cases. Psychosocial management, medical management as well as dietary management requires individualized planning and care.

Learning objectives:

- 1.) Describe the symptoms, potential causes and conditions associated with gastroparesis and the overall management approach.
- 2.) Understand the nutritional risks associated with gastroparesis and apply dietary strategies to better manage symptoms of gastroparesis.

At the conclusion of the presentation, the learner will be able to identify: the variability of gastroparesis symptoms and their response to treatment, ways to improve patient quality of life through diet, medications and surgery, and ongoing care of the gastroparesis patient after their diet consult.

Multiple choice questions:

- 1.) Appropriate diet parameters for someone who has gastroparesis would be:
 - a. Small frequent meals, lower fat, lower fiber, liberalize when feeling well
 - b. Nutrient dense liquid meals for all meals to ensure tolerance
 - c. High calorie high protein most of the time to optimize weight gain, pureed/liquid meals when symptoms are severe
 - d. Small frequent meals, low fat, low fiber, puree/liquid meals according to symptoms
- 2.) Nutrition support should be considered in a gastroparesis patient:
 - a.) Has a BMI of less than 15
 - b.) Demonstrates inability to meet nutrition/hydration needs orally despite diet and medical management
 - c.) Can only tolerate liquid meals

- d.) Has had a significant unintentional weight loss in the last six months
- 3.) An appropriate nutrient dense meal for a patient with moderate to severe symptoms would include:
 - a.) Low fat grilled chicken, white dinner roll, ½ banana, 4 oz protein shake
 - b.) 4 oz cottage cheese, 2 oz canned diced peaches, 4 oz apple juice
 - c.) 4 oz Gatorade, 4 oz chicken broth, 2 oz pudding
 - d.) 2 oz blenderized cream of potato soup with added protein powder, 4 oz Resource Breeze or Enlive, 4 oz creamy yogurt

Answers: 1.) d, 2.) b, 3.) d

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