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|   | **DIETARY MANAGEMENT OF****DIETARY MANAGEMENT OF****CARDIAC SURGERY****CARDIAC DISEASE** |
| **Made by SAMRA DOSSAL on 26th April 2012 as a part of** **Made by SAMRA DOSSAL on 26th April 2012 as a part of** **BS HE****under the guidance of Prof. Dr. Rubina Hakeem (RH)****Of BS HE****under the guidance of Prof. Dr. Rubina Hakeem (RH)** |

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| **WHAT IS CARDIAC SURGERY**Description: Surgery.jpg* Cardiovascular surgery is a surgery on the heart vessels performed by cardiac surgeons.
* In cardiac surgery patients undergo coronary artery bypass graft atherectomy.
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| **CAUSES OF CORONARY HEART DISEASE**Causes of Cardiac Surgery are:* Obesity
* Diabetes
* Hypertension
* Hyperlipidemia

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| **NUTRITIONAL CONSIDERATIONS*** **PROTEINS**

Protein requirement are normally 0.8-1.0 g protein per kg body weight.* **FATS**

Limit saturated fats and trans fats **example:** * **Saturated Fats:** meat, poultry skin, bacon, sausage, whole milk, cream, and butter.
* **Trans Fats:** margarine, shortenings and some fried foods
* **CARBOHYDRATES:** N.R
* **FIBER**

Get 20 g to 30 g of dietary fiber per day.* **VITAMINS :** N.R
* **MINERALS:** N.R
* **FLUID REQUIREMENTS:** N.R
* **ENERGY REQUIREMENTS**

Patients with severe heart failure may require a 20% to 30% increase in calories. |

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| **DIETARY CONSIDERATION** The nutrition needs of the patient undergoing cardiac surgery and/or interventional cardiology depend upon the individual’s preoperative nutrition status, other co-morbid conditions such as diabetes, the type of surgery, and postoperative or post procedure complications |
| **POST OPERATIVE NUTRITION CARE**Immediately following the surgery, the focus of care is on the recovery and healing.* Healthy professionals should work closely with patients who are unable to resume normal diet after surgery.
* Step 1 diet is most commonly prescribed that is low in cholesterol, fats, and saturated fatty acids.
* Some foods/meals not normally recommended in step 1 diet are allowed to promote healing during 4 to 6 weeks.
* Fluid restrictions may be required for patients with renal failure or edema.
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| **Recommended Foods** |  | **Foods Not Recommended** |
| **Grains** | Whole grain breads and cereals, including oats and barley, Pasta. |  | **Grains** | High-fat bakery products, such as doughnuts, biscuits.Snacks, cheese puffs etc. |
| **Vegetables**  | Fresh, frozen, or canned vegetables without added fat or salt. |  | **Vegetables**  | Fried vegetables, Vegetables prepared with butter, cheese, or cream sauce. |
| **Fruits**  | Fresh, frozen, canned, or dried fruit. |  | **Fruits**  | Fried fruits, Fruits served with butter or cream. |
| **Meat and Other****Protein Foods** | Lean cuts of beef, Skinless poultry, Fish, Dried beans and peas, Nuts, Egg whites or egg substitute. |  | **Milk**  | Whole milk, 2% fat milkWhole milk yogurt . |
| **Protein Foods** | Fried meat, Whole eggs and egg yolks, Poultry with skin. |
| **Fats and Oils** | Unsaturated oils (olive, peanut, Salad dressingsSeeds and nuts. |  | **Fats and Oils** | Butter, Stick margarine, Shortening, Partially hydrogenated oils. |
| **DRUG NUTRIENT INTERACTION**Drugs commonly prescribed and effect the nutritional status and dietary modification for patients undergoing cardiac surgery.* Digitalis Intoxication – May result in hypokalemia which may cause anorexia, abdominal pain.
* Quinidine – Can decrease gastrointestinal tolerance and may cause nausea, diarrhea.
* Thiazide Diuretics – Can contribute to hypercholesterolemia which negate positive effect of a low-saturated-fat diet.
* Amiodarone – Causes nausea, constipation, increase or decrease appetite.
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| **References used:** Nutrition Care ManualAmerican Dietetics Association**References Used** |