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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. |
| **CAUSES OF CORONARY HEART DISEASE**  Causes of Cardiac Surgery are:   * Obesity * Diabetes * Hypertension * Hyperlipidemia |
| **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 milk  Whole milk yogurt . |
| **Protein Foods** | Fried meat, Whole eggs and egg yolks, Poultry with skin. |
| **Fats and Oils** | Unsaturated oils (olive, peanut, Salad dressings  Seeds 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. | | | | |
| **References used:**  Nutrition Care Manual  American Dietetics Association  **References Used** | | | | |