Original Articles

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Nutritional Status of Hospitalized Stroke Patients: Assessment by Body Mass Index and Subjective Global Assessment Method

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Abstract

Background: Stroke is a disease with a high mortality rate and common cause of disability. Nutritional factors are strongly associated with this disease. Malnutrition in hospitalized patients increases the incidence of complications, prolonged the length of stay and also the cost of hospitalization. Furthermore, nutritional status of stroke patients can deteriorate during hospitalization. The prevalence of malnutrition in hospitalized stroke patients is about 6% to 62%. The objective of this study was to identify the nutritional status of hospitalized stroke patient.

Methods: This was a descriptive cross-sectional study. Population of the study was hospitalized stroke patients at Neurology Ward, Kemuning Building Dr. Hasan Sadikin General Hospital Bandung, Indonesia from August until October 2014 who meet the inclusion criteria. Nutritional status was measured objectively using Body Mass Index (BMI) and subjectively using Subjective Global Assessment (SGA) method. The collected data were processed using frequency tabulation and percentage.

Results: Twenty six hospitalized stroke patients were included in this study. The hospitalized patients with normal BMI were about 12 people (46.15%), 8 people were overweight (30.77%), 4 people were undernourished (15.39%) and 2 people (7.69%) were obese. According to SGA measurement, approximately 18 people (69.22%) were moderately malnourished, and as much as 4 people (15.39%) were in good nutrition, whereas 4 people (15.39%) were severely malnourished.

Conclusions: Majority of the hospitalized stroke patients has normal BMI and moderately malnourished based on SGA.

Keywords: Body Mass Index, nutritional status, stroke, Subjective Global Assessment

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Introduction

Stroke is a disease with high mortality rate and the most frequent cause of disability. Stroke was ranked as the third killer disease in the United States of America.¹ Moreover, the survival rate of this disease is also low. According to statistical data from University Hospital Network New Jersey, only 10% of stroke patients were able to recover completely while 25% had minor disability, 40 had moderate disability while 15% died shortly.² Indonesia has the highest number of death among stroke patients followed by Philippines, Singapore, Brunei, Malaysia and Thailand.³

The nutritional status of stroke patient tends to decrease during hospitalization. As such, the prevalence of malnutrition among stroke patients is about 6-62%.⁴ This is not very surprising as the nutritional status of most patients were already bad prior to stroke. Increase in both metabolic demands and catabolic stress also tends to deteriorate nutritional status. Malnutrition in hospitalized patients leads to many complications such as prolong hospital stay and increased in hospital cost.⁵,⁶ One of the best ways to assess nutritional status is by using Body Mass Index (BMI) for objective evaluation of nutritional status and Subjective Global Assessment (SGA) for subjective evaluation of nutritional status.⁷ Subjective evaluation of nutritional status by SGA is an alternative evaluation that is practical, simple and valid by using clinical...