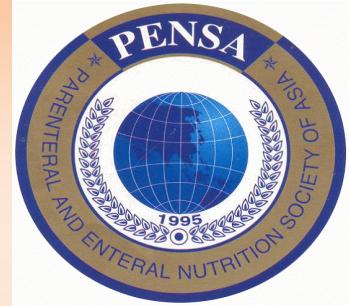


Implementation of clinical nutrition workshop in PICU, NICU for dietitians :A report of national program from IRAN

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Descriptive of initiative : Nutrition is one of the most important aspects of treatment in children admitted in PICUs and NICUs. We assess nutritional status of Iranian hospitalized children and unfortunately we detected high prevalence of moderate and high risk for malnutrition (75% and 8% respectively) based on STRONGkids TOOLS and 31% were identified moderate and severe malnutrition according to weight for height Z-score in children . (Imani et al .,IJCHN .2015; VOL 4 NO 1). The awareness of dietitians and specialist on treatment of malnutrition is not sufficient due to high prevalence of hospital malnutrition in PICUs and NICUs in Iran, . Feedbacks from hospitals made The Ministry of Health and Medical Education (MOHME) start organizing national training program for clinical dietitians engaged with this field. Since there is not any specialized academic education on clinical nutrition in the universities, it is necessary to provide complementary courses in this case.

Background of initiative : At the beginning, ministry of health organized a professional scientific and executive committee to plan the course .This course was designed in two different theoretical and practical parts.

Each part of course was held during 6 days and provide practical views of point in caring ICU patients in different disease .Case studies on pediatric ,surgical and NICU patients were presented by lecturer and discussed interactively with participants.

One clinical nutritionist was chosen from every university of Iran. Also participant with enough experiences for working in PICU and NICU were chosen as course teachers in their universities. The first workshop on "Nutritional Support at PICUs, NICUs" was held between 9 -15 Feb 2014 with cooperation of Nutrition and Pediatric Department of Mashhad University-Iran.

The second workshop was held between 10-16 NOV 2015 and followed in other Cities such as Tehran ,Shiraz ,Isfahan and Kermanshah. A total 450 participant trained in the clinical nutrition workshop .

Objective of this course were ; modeling a new approach on training of clinical dietitian; facilitating of nutrition consultation at NICUs and PICUs; enriching the knowledge and practice of participants based on ESPEN LLL program.

The most important goals of this training course are:

- 1) Organizing the clinical nutrition workshop in other universities.
- 2) Training of LLL ESPEN program in the workshop and taking pre and post-test and dedicate certification to participants.
- 3) Adding the subject of clinical nutrition in the ICUs to the educational curriculum of BA dietetics.
- 4) Evaluation of nutritional status of patients before and after implementation of workshop
- 5) Increasing of self confidence in care of critical patient and significant improvement in treatment process.



Results and outcome : Regular periodic training of hospital dietitians is an essential need for supplying appropriate patients care so academic courses should be planned for the nutrition science students interested in clinical . We evaluate effect of this workshop and nutrition support team on nutritional status and outcome of 120 patients with congenital gastrointestinal anomalies after surgery and observed that Nutrition support team (NST) could increase post-operative weight gain and calorie delivery in patients as well as providing an increase in enteral feeding rather than parenteral.(ready for submission).

Trained clinical dietitians in cooperation with the other treatment team members ,have significant effect on recovery of patients.

Our future plans are to :

- 1) Having regular and refreshment the knowledge LLL ESPEN program for all graduated dietitians.
- 2) Re -evaluate the knowledge of participants in next 2 years.
- 3) Evaluation of nutritional status in patients admitted in ICUs before and 2 year after implementation of workshop.