



## Vital 1.5kcal case study

### Sue

#### **Background information**

Sue is a 42 year old female patient with a subtotal colectomy and ileostomy. She was admitted to hospital with chronic diarrhoea, and investigation showed evidence of ulceration of the ileosigmoid anastomosis and terminal ileum. During this admission she had numerous medical interventions such as steroid therapy, blood and ferritin transfusions, diuretics and a trial of Creon. She was fed via nasogastric (NG) feeding tube as she was only consuming half of her meals. Previously she had unsuccessfully trialled various whole protein oral nutritional supplements (ONS) and modular supplements, which she had felt exacerbated the diarrhoea.

#### **Nutritional treatment goals**

- Provide adequate nutrition and hydration
- Promote nutrient absorption and weight gain

#### **Nutritional treatment**

Sue was prescribed 2 x 200ml bottles of Vital 1.5kcal per day orally in addition to NG tube feeding with Perative.

#### **Key findings**

1. Patient gained weight which indicated better absorption of nutrients
2. Diarrhoea was not exacerbated and Vital 1.5kcal was better tolerated than other nutritional supplements

#### **Conclusion**

Vital 1.5kcal supported weight gain without further exacerbation of diarrhoea in a 42 year old female with unexplained diarrhoea. Compliance with the prescribed volume of Vital 1.5kcal was good as Sue enjoyed the flavour immensely.

*Dietitian, Cardiff*