



## Vital 1.5kcal case study John

### **Background information**

John is an 80 year old gentleman who was admitted to hospital for an elective mitral valve repair (MVR) and quadruple coronary bypass graft (CABG). On extubation in the Intensive Care Unit (ICU) he developed hypoxia due to collapse of the left lower lobe of his lung. He had a flexiseal *in situ* to manage severe diarrhoea and was fed a high energy whole protein fibre feed continuously via a nasogastric tube.

### **Nutritional treatment goals**

- Reduce stool frequency
- Improve stool consistency from type 7 to type 5 on the Bristol Stool Chart

### **Nutritional treatment**

John was prescribed 1000ml Vital 1.5kcal via a nasogastric tube and fed continuously over 24 hours.

### **Key findings**

1. Frequency and severity of stools started to improve one day after feed was changed to Vital 1.5kcal and diarrhoea was resolved by day four.
2. The improvement in stool frequency and severity resulted in an improvement in John's mood and morale.

### **Conclusion**

Vital 1.5kcal supported feed tolerance and the reduced frequency and severity of diarrhoea in an 80 year old gentleman in ICU who had undergone a MVR and quadruple CABG.

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