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References:
- Malnutrition Awareness: Bringing it to the Masses (A.S.P.E.N. Clinical Nutrition Webinar Series)
- https://www.aad.org/dermatology-a-to-z/diseases-and-treatments/a/-dry-skin/rps
**Pediatric Corner**

Classifying Pediatric Malnutrition

An interdisciplinary A.S.P.E.N. working group of physicians, nurses, dietitians and pharmacists have proposed parameters to classify malnutrition among pediatric patients by duration of symptoms.

<table>
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<tr>
<th>Duration</th>
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Tube feeding is often associated with missing an essential aspect of life eating. Thanks to increased awareness, tube feeding is now recognized as a lifesaving medical intervention that provides essential nutrition.

Ask your local Shield RD how you can join us in celebrating and promoting Feeding Tube Awareness Week!

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**Feeding at Home**

Tips for Keeping Your Tube-fed Patients in the Home

Tube-fed patients may go home without instructions to flush their tubes with adequate water to prevent dehydration. Make sure your patients have a hydration plan based on their fluid needs. Most patients require between 30 to 40 milliliters of fluid per kilogram body weight per day or 1 milliliter per calorie consumed daily.

Tube feeding formula contains some fluid but usually not enough to meet the requirement. Your local Shield HealthCare Dietitian can help determine the optimal amount.

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**Classifying Pediatric Malnutrition**

**Duration**

- Acute (< 3 months)
- Chronic (3 months or longer)

**Degree of Malnutrition**

- Mild or at risk
- Moderate

**Anthropometry**

- z score < -1
- z score between -2 and -3

**Ethology**

- Illness-related
- Behavioral, socioeconomic

**Inflammation**

- Present
- Absent

**Outcomes Affected**

- Muscle weakness/loss
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**Healthy Winter Skin**

Colder fall and winter weather can dry out your skin. Follow these tips from the American Academy of Dermatology to prevent or relieve dry skin:

- Use warm water instead of hot water, which removes your skin’s natural oils more quickly
- Opt for a gentle cleanser that does not contain soap or alcohol
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**Featured Product: Oral Nutrition Supplements**

Consuming oral nutrition supplements during and after hospitalization has been shown to reduce six-month hospital readmission. Shield HealthCare has a comprehensive offering of oral nutrition supplements, including:

- Boost
- Ensure
- Nutren
- NutraSilver

---

**Test Your Knowledge**

1. The prevalence of malnutrition among elderly patients presenting for emergency care is estimated to be:
   - a. < 20%
   - b. 30-50%
   - c. > 60%

2. In studies performed in the U.S. and England, the cost of implementing nutrition screening, assessment and supplementation increased the net cost to the healthcare system.
   - a. True
   - b. False

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**Caregiver Tips**

Elderly caregivers are at particular risk for malnutrition. In a study of 76 family caregivers (mean age 70 years) who spent an average of 100 hours per week on caregiving activities:

- 13% reported not eating
- 21% were at risk for malnutrition

A decrease in overall food intake makes nutrient-dense foods even more important for older adult caregivers.

It’s important to have healthy foods on hand, such as:

- Low-fat yogurt and milk
- Whole grain bread/crackers/tortillas
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- Brightly-colored fruits and vegetables
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Did you know? Shield HealthCare now offers breast pumps and accessories!
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- The need for hospitalization and ICU admission was significantly reduced. Decreases were seen in the prevalence of pneumonia, respiratory failure, UTI, and anemia.

Kohn et al. Commercial enteral formulas and nutrition support teams improve the outcome of home enteral tube feeding. JPEN. 2011 May;35(5):380-5.

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