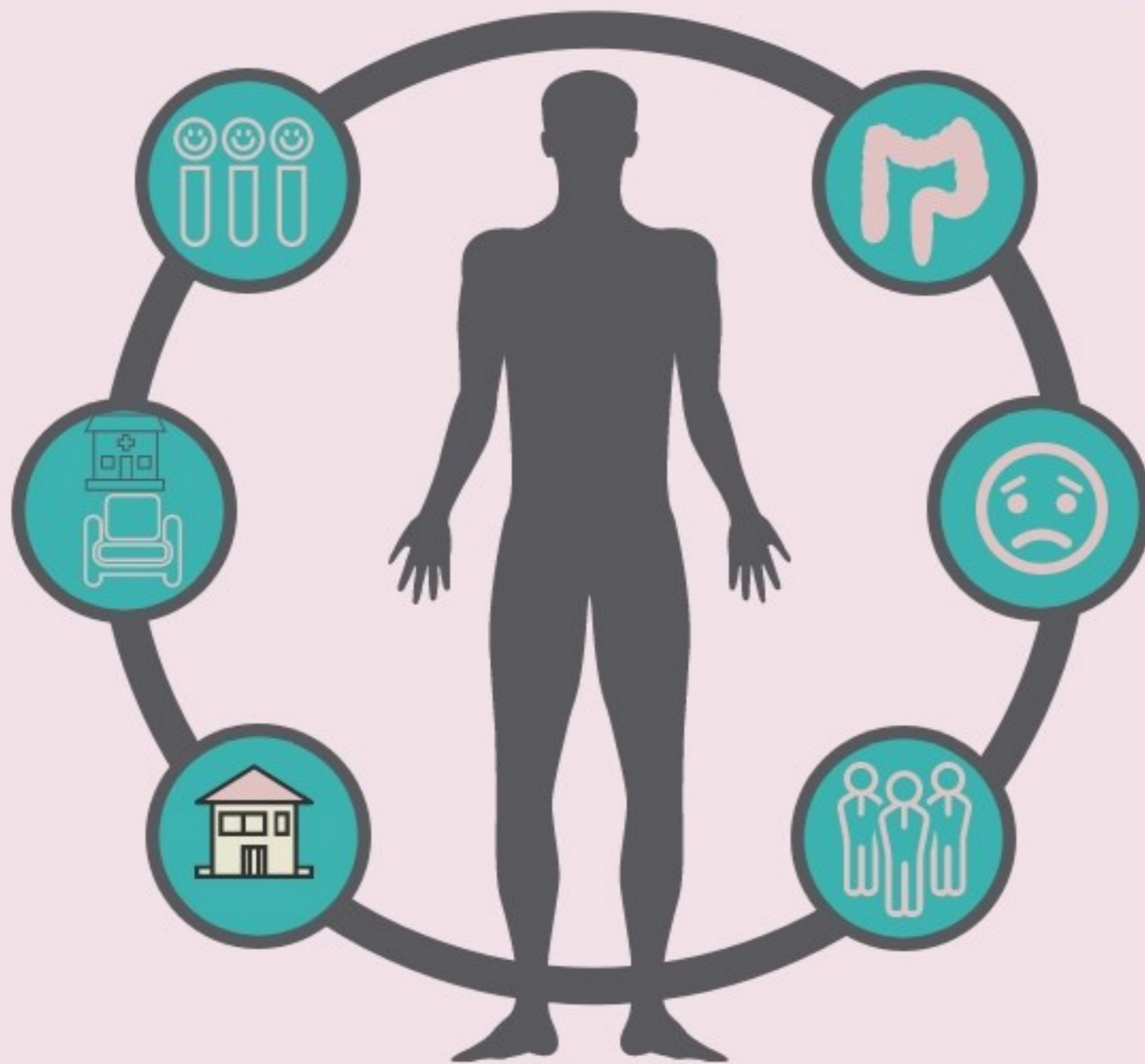


Keeping the home in homeostasis

Homeostasis means the body keeping its internal functions stable. This includes controlling the balance of water and salts needed for health. Here we describe how the Nutrition Support Team assist patients who need help to prevent dehydration. For these patients, adequate drinking isn't enough.



Sometimes surgery on the bowel includes making a stoma - an opening on the abdomen to divert poo which collects in a pouch.

When the stoma output is too high it can cause dehydration putting strain on the kidneys.

The Nutrition Support Team (NST) can provide intravenous nutrition to help recovery in hospital.

The patient goes home but when there is a risk of further dehydration, regular blood tests are needed.

The NST monitor the blood results arranging for patients to attend the hospital day unit for intravenous fluids to treat any dehydration.

Re-admission to hospital with dehydration is prevented. The patient has more time at home.

Number of day case attendances

2015	28
2016	154
2017	189
2018	133

Estimated in-patient bed days saved*

2015	149
2016	1209
2017	422
2018	244

Nutrition Support Team

Consultants Dr. Alexandra di Mambro & Dr. Mathangi Balasubramani,

Dietitians: Robert Cronin, Sarah Price, Jennie Dawson, Joanna Senior & Rebecca Draper

Pharmacists: Catherine Bienvenu & Zein Zakir.

Specialist Nurse: Margaret Collins



The Nutrition Support Team in 2017

Risk factors for dehydration and electrolyte imbalance include:

- Crohn's disease
- Enteritis following radio/chemo therapy
- Short bowel syndrome
- Gastrointestinal dysmotility
- Cancer-related bowel resection
- Gastrointestinal vascular event

What our patients say...

..very reassuring that I know I'm being monitored so carefully.

This NST do an excellent job and over the last couple of years since they have been looking after me have improved and enhanced my life living with Crohn's. Mrs R.

*Estimated bed-day savings based on avoiding a five day inpatient stay per six months for each patient.

When magnesium infusion was given, we estimate avoiding a two day in-patient stay.

In 2016 and 2017 there were two patients who would have spent months in hospital had it not been for this Nutrition Support Team service.