Breakthrough in Internal Medicine 2017: Clinical Nutrition

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This session will focus on two main topics: the concept of dietary restriction and the updates on nutrition support in critically ill patients.

Currently, the concept of dietary restriction is of interest to public and healthcare professionals. Dietary restriction comprises a variety of feeding regimens, e.g. caloric restriction, ketogenic diets, intermittent fasting, etc. Such concept has been claiming to have a benefit for general health and various health conditions, such as obesity, cancer, and aging process. However, most data have chiefly originated from yeast and animal models. Human clinical trials of dietary restriction are extremely rare. This session will present the evidence-based review on the effects of dietary restriction regimens in health and diseases.

Malnutrition is an important factor in the survival of adult critically ill patients. These patients are at high risk of hospital malnutrition and thus require an appropriate and timely nutritional support. However, timing of nutrition support initiation and parenteral nutrition in particular, as well as determining of caloric and nutrient requirements varies among societies of enteral and parenteral nutrition in different regions of the world. This session will review the updates on current recommendations regarding these controversial issues.

Keywords: Dietary restriction, Ketogenic diet, Intermittent fasting, Critically ill patients