

RECENT MAJOR SURGERY, TRAUMA, OR BURNS

(359)

PARTICIPANT TYPE.....**ALL**
HIGH RISK.....**NO**

RISK DESCRIPTION:

Major surgery (including C-sections), trauma or burns severe enough to compromise nutrition status.

- Any occurrence within the past two (≤ 2) months may be self reported
- Occurrences more than two (> 2) months previous must have the continued need for nutritional support diagnosed by a physician or a health care provider working under the orders of a physician

ASK ABOUT:

- Weight history
- Weight goal
- Pregnancy weight gain pattern
- Prescribed and over-the-counter drugs or medications
- Dietary supplements including vitamins, minerals, herbal products and targeted nutrition therapy products
- Chronic medical condition

NUTRITION COUNSELING/EDUCATION TOPICS:

- Provide counseling messages that support any medical nutrition therapy initiated by a treatment program or clinical dietitian
- Determine and discuss an eating pattern appropriate for the participant's weight goal (i.e., maintain, gain, or lose weight).
- The body's response to recent major surgery, trauma or burns may affect nutrient requirements needed for recovery and lead to malnutrition.
 - There is a catabolic response to surgery.
 - Severe trauma or burns cause a hypermetabolic state.
 - Injury causes alternations to glucose, protein and fat metabolism.
- Metabolic and physiological responses vary according to the individual's age, previous state of health, pre-existing disease, previous stress, and specific pathogens.
- After discharge from a medical facility, a continued high nutrient intake may be needed to promote the completion of healing and return to optimal weight and nutrition status.

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POSSIBLE REFERRALS:

- If the participant is taking any non-prescribed vitamin or mineral supplements, herbal supplements, or targeted nutrition therapy products, advise discussing these with their primary care provider.
- If the participant requires in-depth nutritional intervention beyond the scope of WIC services, refer to primary care provider, treatment center or clinical dietitian with expertise in this area of practice.
- If the participant does not have an ongoing source of health care, refer to primary care providers in the community or the local public health department.