Medical Nutrition Therapy and Burns

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Objectives

- Determine the need for nutritional supplement versus monitoring calorie intake
- Decision algorithm for placement of feeding tube access
- Appropriate nutritional supplements for burn patients
Reasons for Early Intervention

- Increased need for protein, energy, and vitamins and minerals for wound healing
  - 30-35 Calories per kilogram
  - 1.5-2 grams of protein per kilogram
- Oral intake is affected by
  - Injury
  - medications
  - wound care
Nutritional plan for total body surface area burns <20%, non-vented

• Alert and oriented patient
• High calorie/protein supplements
• Vitamin and mineral supplements
• Offer frequent meals
• Calorie counts
• Place feeding tube if calorie count inadequate
Nutritional plan for total body surface area burns >20%, intubated

- Intubated patient
- Place feeding tube within the first 24 hours
  - Initiate appropriate nutritional supplementation
  - Achieve goal within 48 – 72 hours
  - Assess for tolerance and appropriately adjust intake
  - Adjust formula for co-morbidities
Nutrition Algorithm

Nutritional Care for Burn Patients