Surgical Recovery in the Cardiac Patient

Did you know?

Nearly 20% of cardiac surgery patients may be at risk of malnutrition.¹

72% of malnourished patients experience a complication post surgery.²

Major infectious complications increase risk of mortality by more than 5-fold.³,⁴

Preoperative fasting in cardiac surgery patients with progressive heart failure, may further aggravate symptoms such as: dyspnea, gut edema and hepatic congestion, which may result in early satiety and nausea.⁵
Can nutrition aid in your cardiac patient’s recovery?

Two Types of Surgical Nutrition

1. **Complex Carbohydrate Loading**—delivers fuel to the body prior to surgery versus fasting.

Reduce preoperative hunger, thirst and anxiousness\(^6,7\)\(^*\)

Reduce postoperative insulin resistance\(^8\)\(^*\)

Reduce postoperative nausea and vomiting\(^9,10\)\(^*\)

2. **Immunonutrition**—a blend of protein, arginine and fish oil has been associated with reduced surgical site infections, decreased complications, shortened length of stay and decreased cost of care.*

One study using the immunonutrition tube feeding formula Pivot\(^*\) in post operative cardiac patients showed the following compared to a standard enteral formula:

- **38.8%** Reduction in any infectious complications\(^11\)
  \(P\) value = 0.048

- **4 DAY** Reduction in median post-op length of stay\(^11\)
  \(P\) value = 0.002

Abbott Nutrition has an array of products to aid in your patient’s surgical recovery

- **Ensure Pre-Surgery**—Specially designed to help reduce insulin resistance after surgery and improve patient outcomes

- **Ensure Surgery**—Specially designed oral nutritional supplement to support immune health and recovery from surgery

- **Pivot**—immune modulating enteral nutrition for metabolically stressed patients requiring tube feeding

\(^*\) These claims are derived from studies in which products with the same active ingredients as Ensure Pre-Surgery and Ensure surgery were used. The studies were not conducted using Abbott product.

References:

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