

The effect of high protein enteral nutrition on protein status in acute stroke patients

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Abstrak

Penelitian ini dilakukan untuk mengetahui pengaruh pemberian nutrisi enteral tinggi protein pada status protein penderita stroke akut. Subjek penelitian dibagi 2 kelompok secara randomisasi blok, yaitu kelompok perlakuan mendapat nutrisi enteral tinggi protein (NETP) dan kelompok kontrol mendapat nutrisi enteral standar rumah sakit (NERS). Tiga puluh enam subjek dari 60 penderita stroke akut berhasil menjalani 7 hari penelitian ini. Hasil penelitian menunjukkan bahwa pemberian NETP dapat meningkatkan kadar prealbumin serum, menurunkan ekskresi kreatinin urin, dan memperkecil penurunan kadar albumin serum dibandingkan kelompok kontrol. (Med J Indones 2004; 14: 37-43)

The objective of this study was to determine the effect of high protein enteral nutrition on protein status in acute stroke patients. The subjects were divided into two groups using block randomisation, i.e. the intervention group that received high protein enteral nutrition (HPEN), and the control group that received enteral hospital diet. Thirty six out of 60 acute stroke patients had completed 7 days of follow-up. The results showed that HPEN have increased prealbumin level, decreased urinary creatinine excretion, and decreased the decline of albumin serum compared to the control group. (Med J Indones 2004; 14: 37-43)