

# The Situation of the Nutrition Support Team (NST) at Fukuoka University Hospital : The Introduction and Results of the NST

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**Abstract** : The Nutrition Support Team (NST) committee of Fukuoka University Hospital was established in September 2004, and the members of the administration of NST from all clinical department was organized. As a result, the NST began its operations in April 2005. During the eight-month period from April 2005 to November 2005, the number of NST visits to patients included 211 patients, consisting of 51 cases or an average of 28 patients a month. Of the fifty-one cases, patients with malnutrition due to digestive tract cancer numbered 13 cases (25.5%), while 8 cases (15.7%) had swallowing difficulties due to cerebro-cranial nerve disease, 4 cases (7.8%) showed a recurrence of uterine and ovarian carcinoma, 3 cases (5.8%) had dystrophia after orthopaediatric surgery, 3 cases (5.8%) had dystrophia after cardio-vascular surgery, 3 cases (5.8%) had dystrophia in head and neck tumors. 6 cases (11.8%) had malnutrition associated with kidney disease / diabetes mellitus, and 11 cases (15.7%) had malnutrition due to other malignant tumors. After the NST visits were completed for 173 cases, 56 patients (32%) received additional nourishment, 54 patients (31%) had their meals changed, in 36 (21%) the dosage and types of enteral nutrients were changed, 12 (7%) were prescribed anti-diarrhetics and of 15 (9%) received other treatment. Twenty-six cases (50.9%) showed an improved nutritional outcome due to the NST intervention. In addition, 14 cases (27.5%) remained stable while 11 cases (21.6%) worsened. The nutritional evaluation showed an improvement in half of all cases. The cases that contrived to worsen were considered to have showed a worse outcome due to an aggravation of primary disease or an inability to receive enteral feeding due to carcinomatous peritonitis. In addition, we started to serve the half of meals in Department of Nutrition in June 2004. The number of the half of meals averaged 2,155.5 meals per month in 2004, but monthly average increased to 2,722.3 meals per month after the NST activity. The role of NST for improving the treatment of malnourished patients is thus considered to be very important. The activities of NST therefore improved the overall quality of the medical treatment of patients suffering from malnutrition.

**Key words** : Nutrition support team (NST), Nutritional evaluation, Malnutrition

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