

The Highest Standard of Nutrition Care

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Which beds are burn patients? Can they eat? How big is the burn area?

On Monday, June 29, 2015, I visited the Surgical Intensive Care Unit to examine burn patients. Even with a decade of clinical experience, I was afraid of neglecting any of the assessments for my first time.

After really seeing the patients, I realized how serious it was - patients' conditions were worse than expected. There were several patients who were eating and even chatting with me, but a few hours later, they suddenly required intubation...

During this period of time, I stayed morning and evening in the burn ward - seeing the horrible open wounds, hearing the cries of patients, and watching anxious families and the emotional breakdown of nurses. Pressure was building because every



personnel in the whole hospital were involved. After work I continued to search for information until late at night. In retrospect, it was really a lifetime of unforgettable experience. The incident had happened for two to three months, but every time I had the opportunity to share, I still can't stop the tears. In fact,



Dietitian Chang Ya-Lin feeding one of the burn patient in ICU.

crying is not just for the pain, but for the hearts being touched.

“Nutrition” plays an important role for burn patients from beginning to end. At the beginning, gastrointestinal function and immune function maintenance is established, followed with debridement, skin graft, skin regrowth, the removal of the respirator, against a variety of bacterial invasion, and to support patients’ rehabilitation. Nutrition care starts from the admission, and can’t be interrupted until patient rehabilitation is completed.

Owing to the diverse food information from the internet or TV, family members, and even medical staff, raised all kinds of magical food and diet questions. To deal with this situation,

hospital held more than one symposium on the diet for burn patients. Also, we talked to the patients to explain the most appropriate food and the importance of nutrition. Superintendent emphasized throughout the communication that vegetarian diet is absolutely adequate in nutritional values so that patients and their families should feel at ease and rest assured. Wound recovery and skin regrowth rate was as expected, then patients smoothly moved out of the intensive care unit one by one.

Thanks to the Superintendent and supervisors for their attention on nutrition care for burn patients. We are more confident and strive to become the best as a nutritionist, and continue to give patients the best nutrition care.