



Manual de nutrición clínica y dietética: 1 (Spanish Edition)

Gabriel Oliveira Fuster

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La nutrición clínica abarca desde la dieta oral o recomendaciones dietéticas hasta un soporte nutricional complejo administrado por vía enteral o parenteral. Aunque esta disciplina ha alcanzado un nivel de complejidad muy elevado y requiere, por tanto, un alto nivel formativo y de especialización para su desarrollo, es indispensable que todos los profesionales sanitarios que atienden las personas hospitalizadas incrementen sus conocimientos y aptitudes en el Área de Nutrición Clínica y Dietética. Este manual no pretende ser un libro de texto sobre nutrición donde se aborden los temas referentes al área, sino una herramienta de trabajo con una orientación eminentemente práctica, que permita resolver situaciones concretas, especialmente en el contexto del paciente hospitalizado. INDICE: Requerimientos y recomendaciones nutricionales en la población general. Normas generales en tratamiento dietético de la obesidad, dietas de contenido calórico muy bajo y seguimiento de cirugía bariátrica. Recomendaciones dietéticas para personas con patologías crónicas relevantes. Recomendaciones dietéticas para personas con patologías crónicas específicas. El código de dieta hospitalario. Valoración del estado nutricional y concepto de desnutrición. Gastronomía percutánea endoscópica. Nutrición enteral; características de los productos, clasificación y criterios de selección. Seguimiento del paciente con nutrición enteral y complicaciones asociadas. Nutrición parenteral: enfoque práctico para su elaboración y seguimiento.

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