Decision Guide: Nutrition Supplementation for the Surgical Patient

Is the patient having a major surgery[1–5], including: GI Cancer, Cardiac, Head and Neck Cancer, Bladder Cancer, Gynecological Cancer, Orthopedic, Thoracic Cancer, Ventral Hernia, or others as directed by an HCP?

YES →

Does the patient have a diagnosis of malnutrition or is at risk of malnutrition?

- Nutrition Focused Physical Assessment: Meeting 2 of 6 criteria indicates malnutrition.[6]
- Mini Nutrition Assessment (MNA®) for patients >65: A score of ≤7 indicates malnutrition.[7]
- Malnutrition Screening Tool (MST): Score ≥ 3 indicates High Risk of Malnutrition.[8]
- Nutrition Risk Screening (NRS-2002): Score ≥ 3 indicates need for nutrition support.[9]
- Body weight loss of ≥10% in 6 months.[10]

NO →

Surgical Optimization Regardless of Nutrition Status

5 DAYS BEFORE surgery | **5 DAYS AFTER surgery**

3 cartons /day for 5 days

3 cartons /day for 5 days

Different from standard oral nutritional products, the unique blend of nutrients (arginine, omega-3 fatty acids and dietary nucleotides) found in IMPACT Advanced Recovery® Drink are clinically proven to help reduce the risk of post-surgical complications[1]. This protocol helps both nourished and malnourished patients prepare for and manage the metabolic changes and immunosuppression associated with the immediate postoperative period after major surgery.[1,11-14]

YES →

Surgical Optimization Regardless of Nutrition Status

5 DAYS before surgery | **5 DAYS after surgery**

As needed for at least 4 weeks following the IMPACT® protocol

3 cartons /day for 5 days

3 cartons /day for 5 days

2 bottles /day
20g protein per bottle

BOOST® High Protein nutritional drinks provide calories and extra protein for the at risk/malnourished surgical patient, and help achieve adequate nutritional intake for all patients.[15]

1. Drover JW et al. *JACS* 2011;212(3):385-399. **2.** Bertrand J et al. *World J Urol* 2014;32:233-7. **3.** Alito Aprelino M et al. *Nutr J* 2016;15:34. **4.** Kaya SO et al. *J Cardiothorac Surg* 2016;11:14
5. Majumder A. *JACS* 2016;222:1106-15. **6.** White JV et al. *JAND* 2012;112(5):730-738. **7.** Skates J and Anthony P et al. *JGN* 2012;38(3):18-27. **8.** Isenring EA et al, *J Hum Nutr Diet* 2009;22:545-550.
9. Kondrup J et al. *Clin Nutr* 2003;22(3);321-336. **10.** Blackburn GL et al. *JPEN* 1977;1(1):11-22. **11.** Hamilton-Reeves JM et al. *Euro Urol* 2016; 69(3):389-392. **12.** Braga M et al. *Surg* 2002;132:805-814.
13. Farreras N et al. *Clin Nutr* 2005;24:55-65. **14.** Zhu X et al. *Ann Surg* 2013;00:1-8. **15.** Lassen KL et al. *Arch Surg* 2009;144(10):961-969.

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