Medical article

Afnan Chikhani

Fontbonne University

 There were 2.2. million malnutrition cases in an inpatient stay in 1916. According to a congressional research service report to congress in 2017, more than 60% of hospitalized older adult patients are malnourished (Blankenship, J. Blancato, R, B. & Kelly, R., 2019). Malnutrition in older adults can be related to disease, food insecurity, or social determinates, whatever is the reason the more senior population needs to stay healthy to have the best quality of life. When a patient leaves the hospital malnourished, it is a bad outcome for the patient and the medical system (Blankenship, J. Blancato, R, B. & Kelly, R., 2019). There is a need for increased attention to this problem within the health care system. The articles were published in the Academy of Nutrition and Diet tic magazine about quality improvement in the health care system. The total cost of US health care spending on unnecessary services is almost 30% of the medical cost (Blankenship, J. Blancato, R, B. & Kelly, R., 2019). Yet the critical issues of health care quality, such as malnutrition is affecting many people. To improve the status of malnutrition, there should be a change on multiple levels in the health care system. The suggestion mentioned in the article is providing malnutrition, screaming, and intervention into the public through quality programs that are funded by the government can make positive changes (Blankenship, J. Blancato, R, B. & Kelly, R., 2019). Medical nutrition therapy in the hospital is part of the patient treatment; good nutrition can help with the healing. Food can be Medicine and can help improve a patient's health status.

Many hospitals provide and promote food that is unhealthy such as food and drinks that are high in sugar. The hospital needs to be an excellent example of healthy eating for inpatient, family members, and hospital employees. Good hospital experience with user testing beneficial experiences might lead to healthy lifestyle changes. A study was done to try to encourage hospitals to sell and provide more nutritious food choices. They did in-depth interviews with patients were in the hospital. The result showed that there was a lack of affordable healthy food options for both patients and their family members in the hospital (Nickols, 2018). Maintaining a healthy diet when eating out is hard, but it should not be in a medical facility. According to this article is the food choices need to be more but not restricted. Health food choices were identified as salads, fruits, fresh vegetables, potato, rice cake, and breadsticks (Nickols, 2018).

On the other hand, unhealthy food choices included sausages, chips, chocolate, sweets, pizza, chicken nuggets. All medical facilities should be an excellent example of a healthy lifestyle and should meet people's expectations. According to this article, most people are appointed with food choices and quality medical care facilities provided.

 I Chose these articles because the issue of underfeeding and overfeeding is increasing and unsolved in health care facilities. Malnutrition is usually affected by the older population, especially in the hospital. It is essential for dietitians who work in the hospital to be aware of the number of people malnourished because their role of providing nutritional education and medical supplement can make a difference. Education and encouragement to patients can improve their health status during their hospital stay, and it helps being maintained after they leave the hospital too.

It is an important issue that needs attention and needs to be improved because it is good to encourage people to healthy eating habits starting in medical facilities. I did a food service rotation first, and I thought that food quality needs to be improved in most hospitals. I do recommend these articles to be proficient in the medical field because it might raise awareness of these arias to make the changes. These two articles are related to each other because to make patients eat better, we need to provide high-quality food to them or the food that they enjoy; otherwise, they will not eat. That might affect their healing and might cause malnutrition for some patients who stay longer in the hospital. It is a challenging balance between good tasting food and healthy eating, considering the cost too.

References

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