

# Comparative Study of Nutritional Status among the Cirrhotic and Ascitic Patients

## Editorial

Jamil M\*

Department of Dietetics, Bombay Hospital, India

\*Corresponding author: Jamil M, Department of Dietetics, Bombay Hospital, Indore, India, E-mail: meharjamil1990@gmail.com

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**Keywords:** Cirrhosis; Ascites

## Abbreviations

EPNAS: Eating Pattern and Nutritional Assessment Schedule;  
CLD: Chronic Liver Disease; FFQ: Food Frequency Questionnaire

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### Objective

Role to assess the difference between the dietary intake of ascitic and cirrhotic patient through food frequency questionnaire.

### Introduction

Intake of food has been seen in human societies since the beginning of recorded history. The patterns of dietary intake around the world are constantly evolving and are ubiquitous today. Irregular and nutrient deficit diet can cause improper metabolism leading to various liver diseases. In this study alcohol consumption and dietary habits of 30 cirrhotic and ascitic patients has been noted. Cirrhosis is an abnormal condition in which there is irreversible scarring of liver. Characterized by replacement of liver tissue by fibrosis, scar tissue and regenerative nodules, it is a result of advanced liver disease. Whereas ascites is the major complication of cirrhosis. It is a gastroenterological term for an accumulation of fluid in the peritoneal cavity.

### Hypothesis

Dietary intake of cirrhotic patient is different from ascitic patient.

### Method

For the purpose of Data collection all the patients were introduced with the Tool i.e. a self-made questionnaire known as "EPNAS" (eating pattern and nutritional assessment schedule) including quality

of life measurement questions. 30 patients from the gastroenterology department of the Bombay hospital, Indore were included in the study. A non-probability sampling technique i.e. purposive sampling had been used in the sample selection. With EPNAS general details were collected using interview method. Subjects were divided into two categories i.e. 23 subjects were cirrhotic patient and 7 were ascitic patients. Subjects included in the study were already suffering from CLD and were on medications. The EPNAS total score were calculated for both the categories. Their dietary intake was determined by using FFQ and was compare with each other.

### Results

Cereal, pulses, fats and sugars were consumed daily by both the groups only quantity varies depending upon the respondent's dietary habits. Meat, eggs and Fish were consumed by 28% in ascitic patient and 47% in cirrhotic patient 2-4 times/ week. All the Ascitic patients consume milk daily but quantity differs whereas 86% of cirrhotic patient consume milk daily, which shows that the fluid intake of the ascitic patients is more thus leading to the present condition. Roots & tubers were taken daily, 2-4 or 5-6 times/week by both the groups. Green leafy vegetables and other vegetables were taken 2-4 or 5-6 times/week depending upon the availability. Fruit consumption of ascitic patient is 28% that too 2-4 or 5-6times/week, whereas in cirrhotic patient 17% consume fruits daily, 61.27% consume 2-4 or 5-6 times/week and 21.73% consume fruits once a week. Consumption of Nuts and oilseeds in ascitic patients were 28% and only once a week whereas in cirrhotic patients only 30.43% consumes depending upon the availability. Alcohol consumption in ascitic patients was 71.42% and 65.21% in cirrhotic patient showing that the alcohol consumption of both the groups are high which worsen the condition of the liver.

Salt intake was slightly high in cirrhotic patient i.e. 82% and in ascitic patient it was 14%. Thus the data described the nutritional status of patient's with liver cirrhosis and ascites.

### Conclusion

There is no significant difference found between dietary intake of

both the ascitic and cirrhotic group. Except there is a difference of salt intake found between both the groups i.e. 82% in cirrhotic patient and 14% in ascitic patient which on the other side shows that excess salt consumption in cirrhotic condition can lead to peritoneal oedema and ascites.