

Malnutrition Awareness Week

16-20 OTTOBRE 2023

Risk factor

Malnutrition and sarcopenia are modifiable risk factors can impact the surgical outcome



Nutritional management

Nutritional management is a key component of Enhanced Recovery after Surgery programs (ERAS)



Prehabilitation

"Multimodal Prehabilitation" aims at conditioning metabolic risk by implementing a preoperative trimodal approach including nutritional optimization, physical exercise, and interventions to mitigate psychological distress, in the context of an ERAS pathway



Early oral nutrition

Early oral nutrition is also a key component of ERAS, which demonstrated a significantly lower rate of complications and LOS in meta-analyses of the randomized studies

