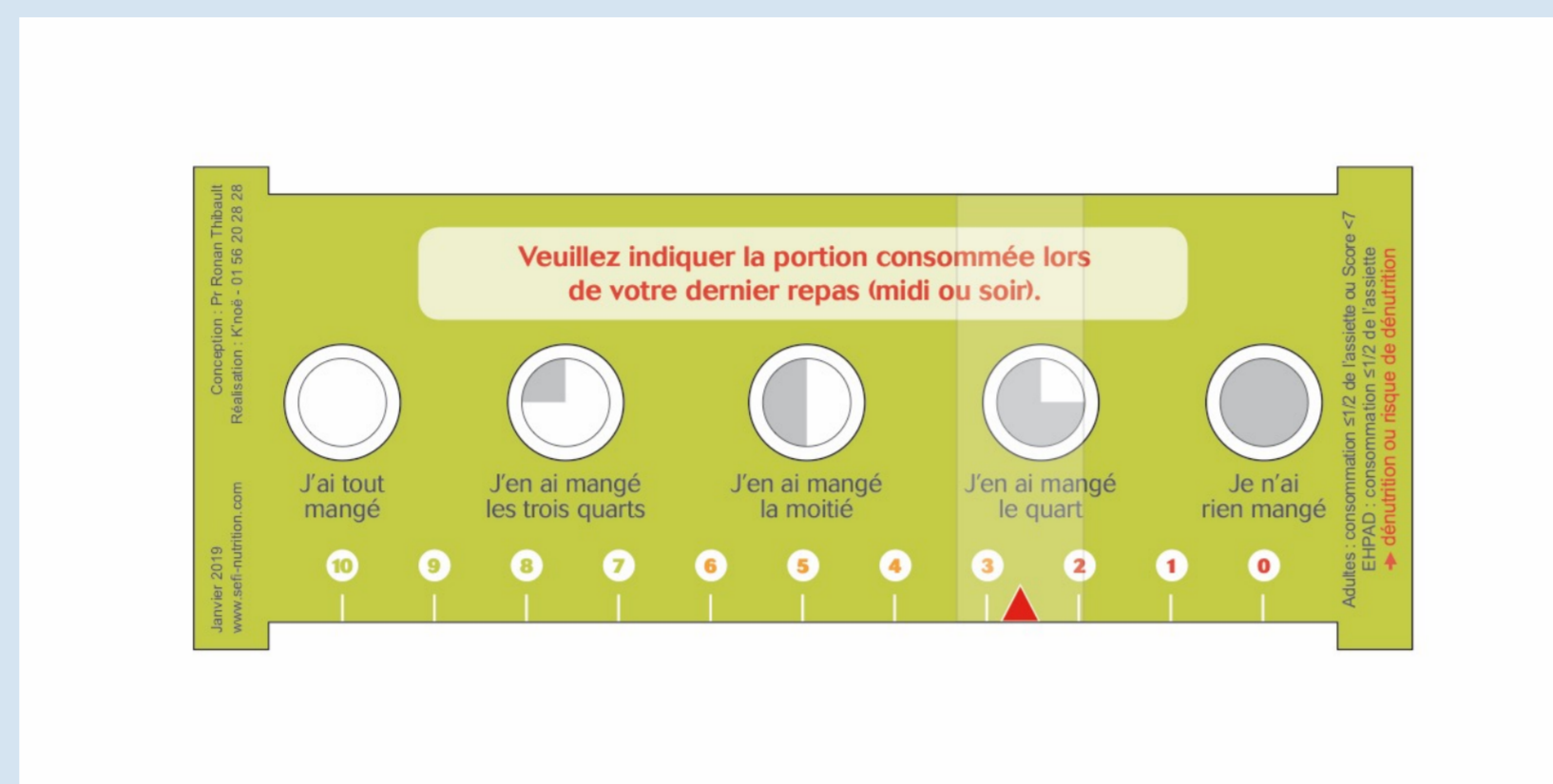


# Quantification of nutritional intakes in burn outpatients.

- Adequate nutrition is essential for wound healing.
- Nutrition in minor burn is rarely studied

## Food intake quantification

- Food anamnesis
- SEFI tool



- Compared to Belgian Recommended Dietary Allowances (**RDA**) for healthy subjects

- Burn adults
- Exclusively treated in a burn **outpatient clinic**
- Visit with a **dietician** within the first 10 days after injury



n=42

- Male: 57%
- Age: 45 (34-56)y
- BMI: 26 (23-29) kg/m<sup>2</sup>
- BSA: 2 (1-3)%

- SEFI <7 was associated with insufficient intakes in both energy and proteins

## Nutrition in burn outpatients can be optimized

### Strategies that could be easily implemented:

- **Screening** of patients at risk of macronutrients deficiency using SEFI tool
- **Education** about adequate nutrition
- Micronutrients **supplementation**

