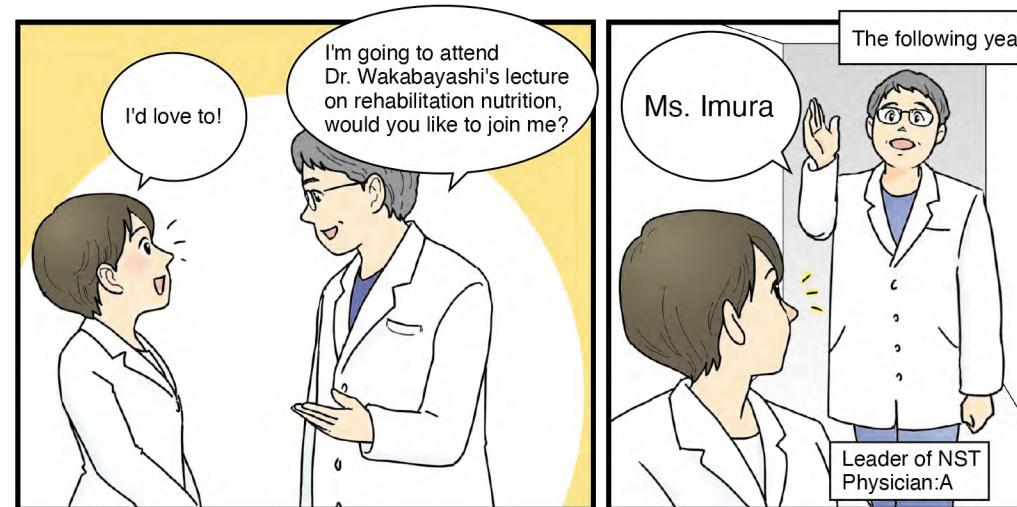
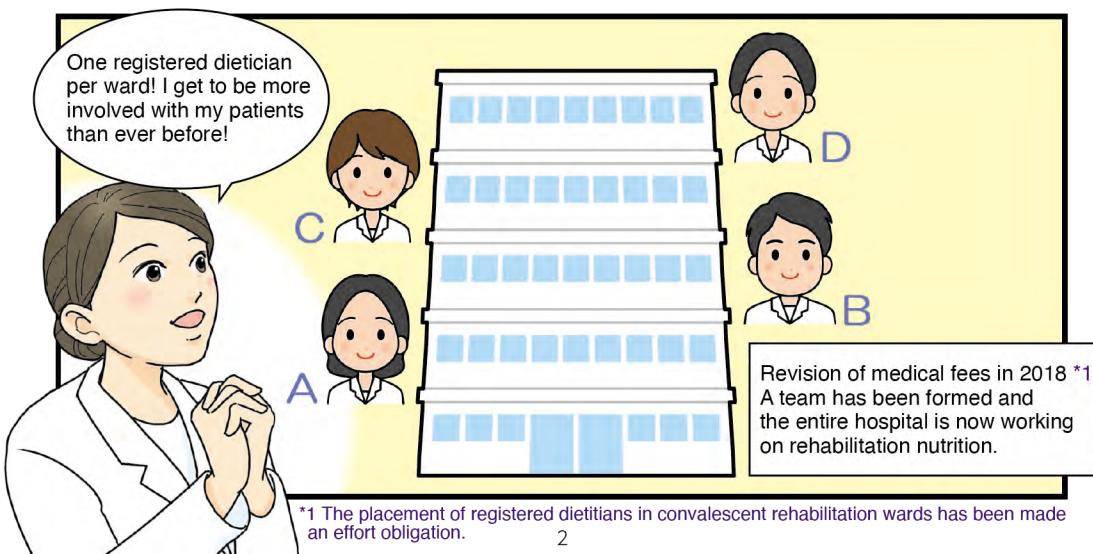
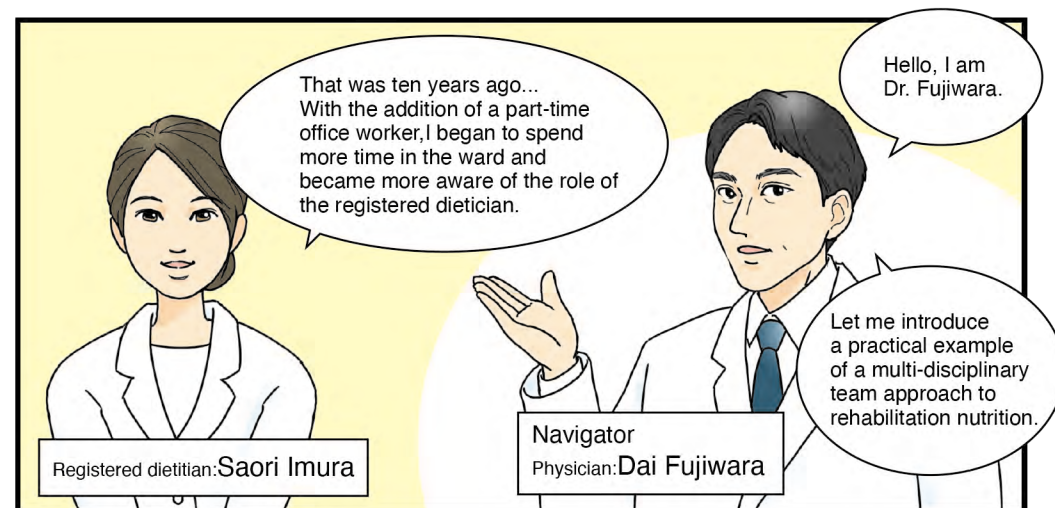
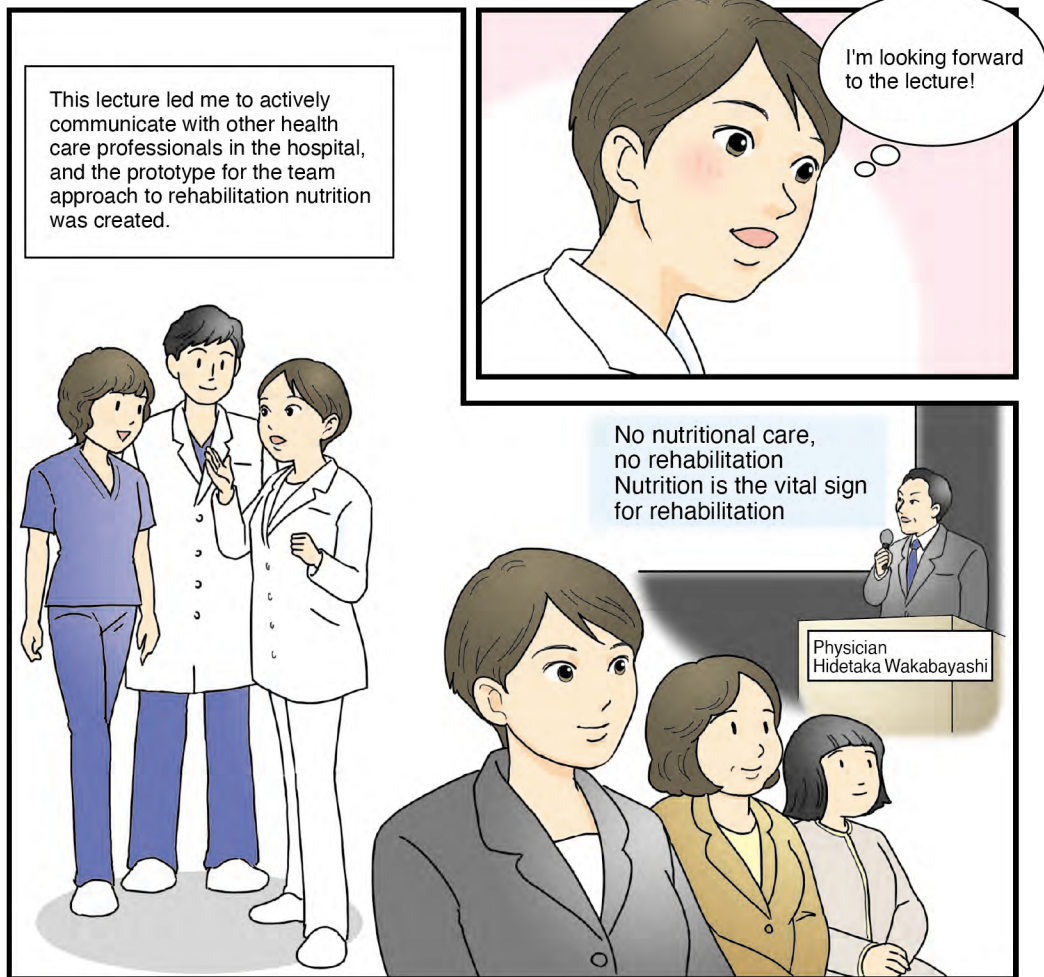


Rehabilitation Nutrition in comic book

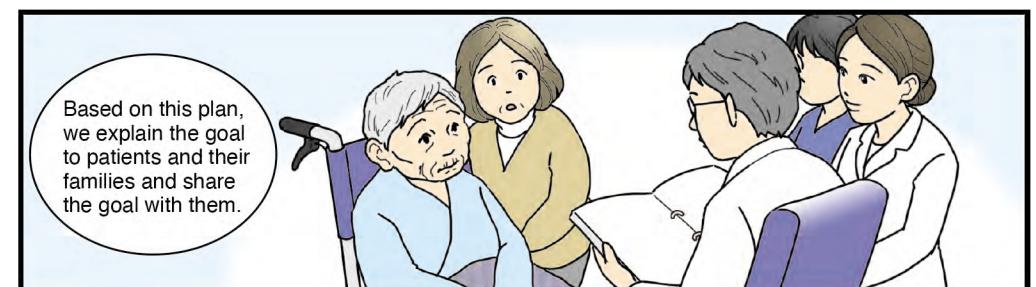
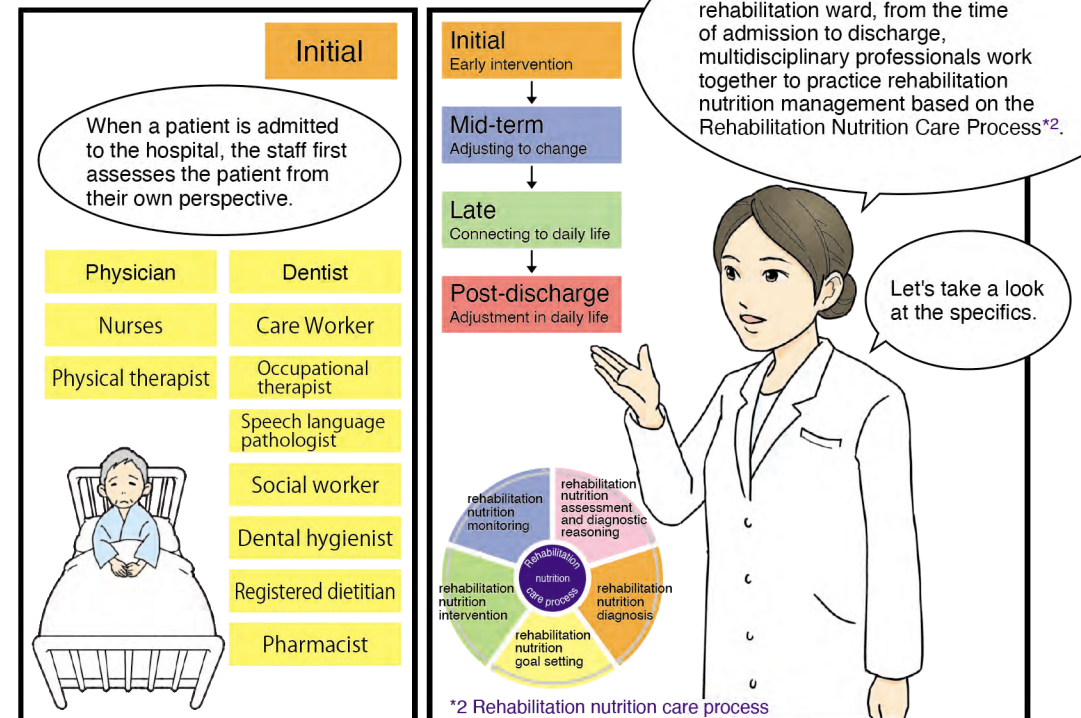
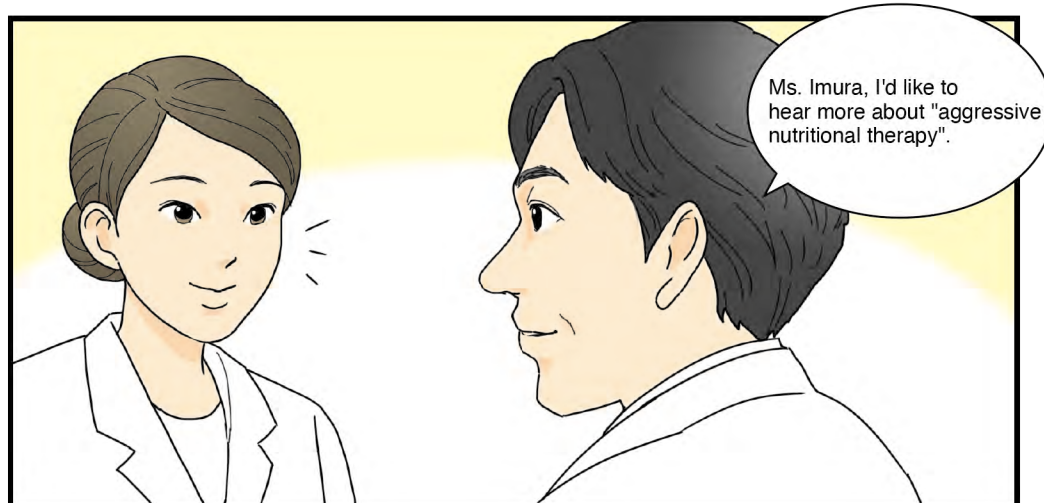
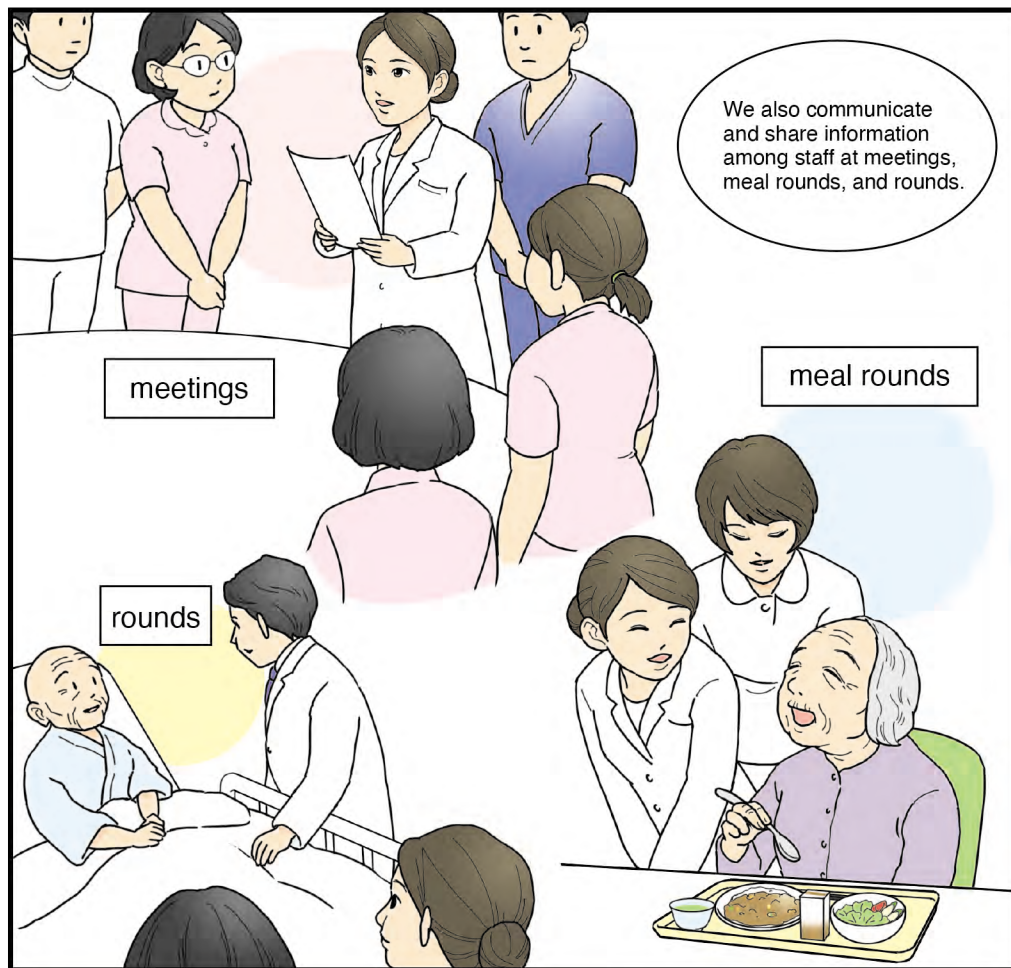
Vol.2 Convalescent rehabilitation hospital edition

Team approach to Rehabilitation Nutrition





*1 The placement of registered dietitians in convalescent rehabilitation wards has been made an effort obligation.



Please take this jelly after rehabilitation.

In addition to devising meals, nutritional supplements are taken between meals. We collaborate with rehabilitation staff, nurses and care workers so that patients can take them after rehabilitation.

Physical therapist

It helps you stay hydrated somewhat and contains a lot of protein, which is perfect after rehabilitation.

It's refreshing and easy to drink!

It seems to me that when patients are motivated by their physicians and rehabilitation staff as well, they are more convinced of taking jelly.

Yes.

※Riha-Time-Jelly is an oral nutrition supplement that provides 10g of protein, 2500mg of BCAAs, 20μg of Vitamin D.

First, the registered dietitian will make a proposal while listening to the preferences and intentions of the patient and their families.

*The patient has paralysis on the right side and dysphagia.

Aggressive nutrition therapy is proposed and practiced by the registered dietitian in conjunction with exercise therapy in cooperation with the physical therapist to improve undernutrition and sarcopenia.

Oh, I see. I'll try to think of a better way to eat.

Also, he's a small eater, so he can't eat too much.

He prefers Western food to Japanese food...

The next step is to adjust the meal content and check the patient's impressions and food intake. This information will be shared with the multidisciplinary team at the meeting.

The amount seems to be too much...

He doesn't seem to like using thickener. He likes stew.

Examples of pre-discharge interventions

Dysphagia

- Introduction of cooking methods and retort for texture modified diet
- Suggestion of food delivery service for texture modified diet

Undernutrition

- Nutritional counselling and food delivery service suggestions
- Guidelines and countermeasures for worsening nutritional status
- How to purchase nutritional supplements (including pharmaceuticals)

Prevention of recurrence

- Nutritional counselling (including eating out and ready-made meal)
- Proposals for food delivery services
- Medication guidance (pharmacist)
- Suggestion of post-discharge exercise program (physical therapist)



Late

Rehabilitation staff and social workers will accompany the patient before and during the first overnight stay at home. Checking the patient's daily activities at home, reviewing and proposing home renovations, welfare equipment, and home services. We will also provide suggestions for post-discharge living that is unique to the patient, including motivation for living and social roles. Family guidance will be provided.

Discharge

Identify what can be done and challenges in daily living situations, and modify care and goal setting during hospitalization.

It is possible to use the food delivery service



It is difficult to cook all three meals



How to purchase nutritional supplements?



Ms. Imura, Mr. Suzuki from Ward A, we are going to increase the amount of exercise load.

Mid-term

In the middle of the hospitalization period, with the increase in the amount of exercise, we monitor whether there is any deficiency in the amount of nutrition set at the time of admission, and increase the amount of food or utilize nutritional supplements or protein.

Monitoring is conducted once a week to once a month depending on the nutritional status, with two or more professions examining the causes and countermeasures, and modifying the goal setting and intervention of rehabilitation nutrition.

When discharge from the hospital is near, we will make suggestions tailored to the individual's life from the perspective of dysphagia, undernutrition, and prevention of recurrence.

Monitoring items

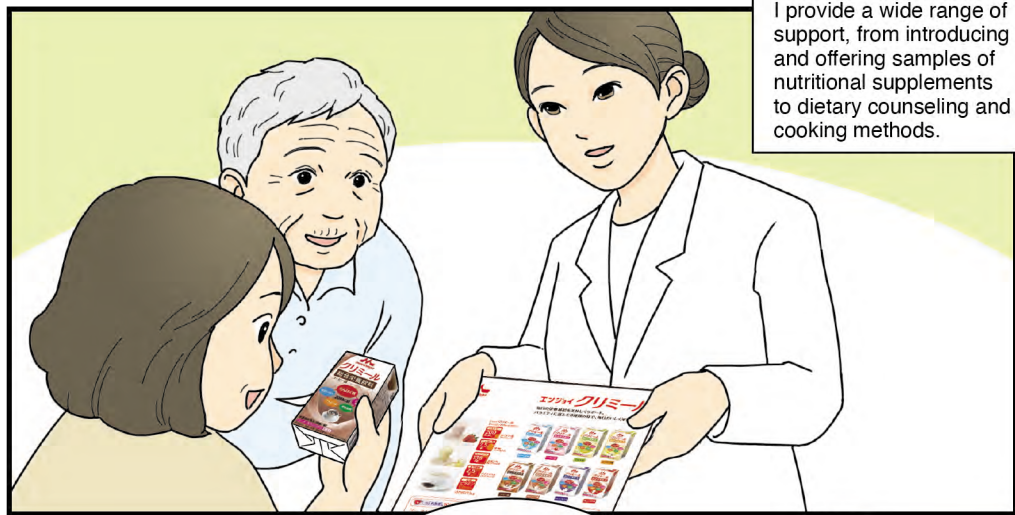
Undernutrition: Weight, body composition, blood tests
Sarcopenia: Calf circumference, handgrip strength, walking speed
Excess or deficient nutrient intake: Nutrient intake (including water)
ADL: FIM *3
Swallowing function: Water swallowing test, dietary assessment

Please do.

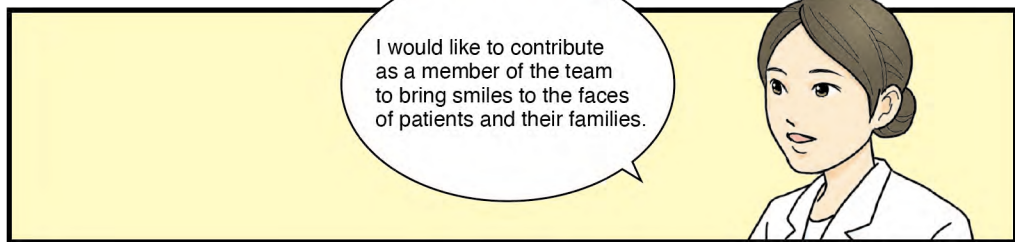
I'll listen to the patient's story and consult with the doctor about adjusting the amount of nutrition.

Mr. Suzuki, you're finally leaving the hospital next week.

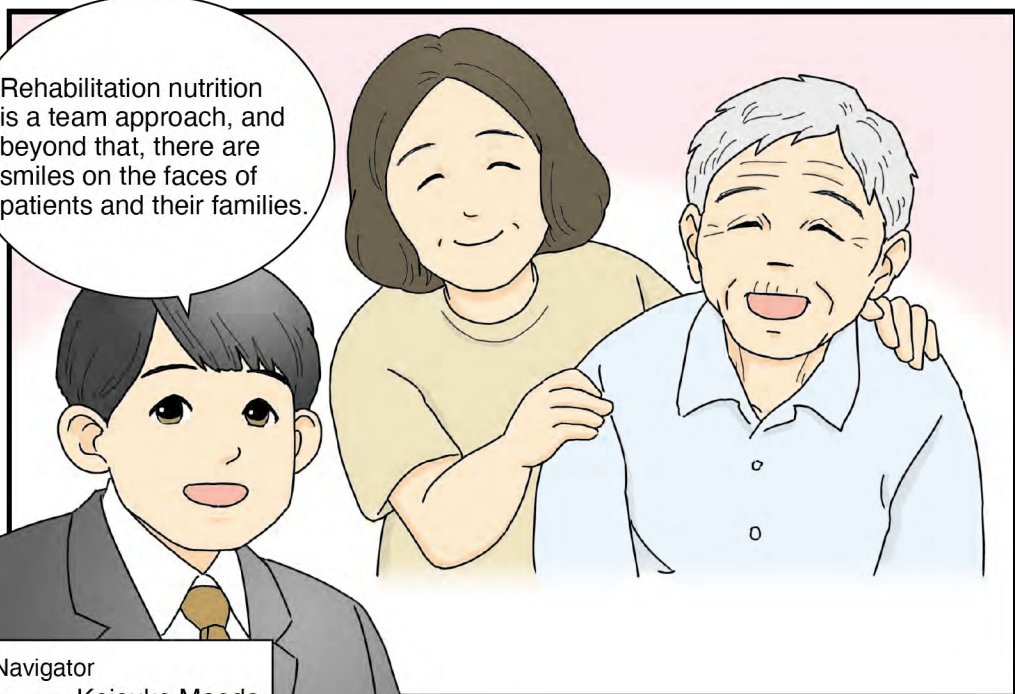
Yes, I'm looking forward to it.



I provide a wide range of support, from introducing and offering samples of nutritional supplements to dietary counseling and cooking methods.



I would like to contribute as a member of the team to bring smiles to the faces of patients and their families.

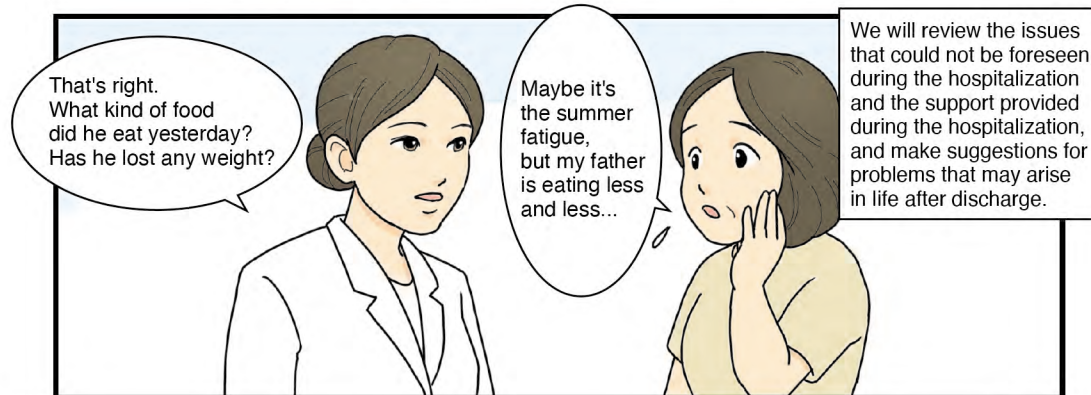
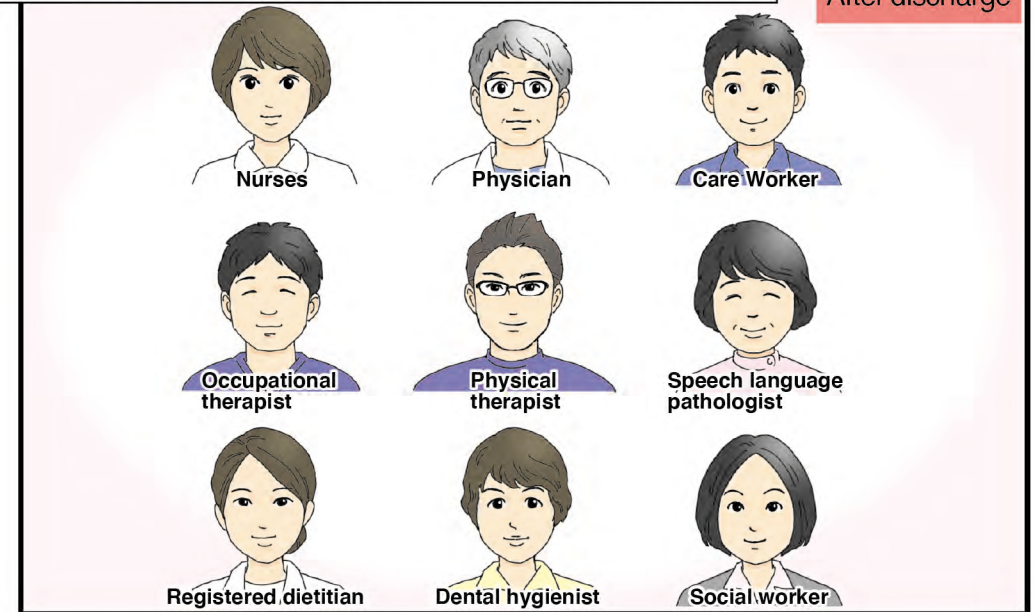


Rehabilitation nutrition is a team approach, and beyond that, there are smiles on the faces of patients and their families.

Navigator
Physician: Keisuke Maeda

After the patient is discharged from the hospital, the practice of rehabilitation nutrition continues. Several of these will participate in visiting the patient's home.

After discharge



That's right. What kind of food did he eat yesterday? Has he lost any weight?

Maybe it's the summer fatigue, but my father is eating less and less...

We will review the issues that could not be foreseen during the hospitalization and the support provided during the hospitalization, and make suggestions for problems that may arise in life after discharge.



Dietitians intervene when nutritional issues arise in post-discharge life, such as decreased swallowing function, meal preparation, and weight loss or gain.

Please leave it to me.

Thank you very much. I was worried about him. Thank you for all your help.



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Reha-Time Jelly gives you
a refreshing boost !

Reha-Time Jelly



Muscut flavor Peach flavor Honey lemon flavor Amanatsu flavor

per pouch (120g)

Protein 10.0g	Energy 100kcal
BCAAs 2,500mg (including 1,400mg of leucine)	Vitamin D 800IU (20µg)

Delicious daily nutritional support
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Enjoy Climeal

Yogurt flavor Strawberry flavor Banana flavor Corn soup flavor



Coffee flavor Milk tea flavor Rich milk flavor Apple milk flavor

per 1 pack (125ml)

Protein 7.5g	Energy 200kcal
Fiber 2.5g	LAC-Shield* 10 billion pieces

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Rehabilitation Nutrition in comic book

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Team approach to Rehabilitation Nutrition

Original Story	Saori Imura
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