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Registered Dietitians' Enteral Feeding Practices, Obstacles, And Needs During the Management of Critically Ill Hospitalized Patients in Riyadh, Saudi Arabia: A Qualitative Study

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ABSTRACT (up to 300 words)

Nutritional protocols and guidelines are essential to guide health-care practitioners toward effective enteral feeding management for critically ill patients. Despite the wide availability of international guidelines to direct enteral feeding practices, there are no nutritional guidelines regarding enteral feeding practices tailored for the Saudi Arabian population. In addition, different enteral feeding practices may result in negative outcomes like malnutrition. A qualitative study was conducted through multiple focus group sessions. Pre-formulated structured open-ended questions were asked from the participants during the focus group sessions to gain an in-depth understanding of the current enteral feeding practices. All sessions were audio-recorded, and the transcript was coded and cross-validated. As a results, a total of five focus group sessions were conducted until data saturation was reached. Data saturation was reached when no additional information was mentioned in the fifth focus group session when compared to all previous sessions. All 24 participants were specialized in the clinical nutrition field with enteral feeding experience in critically ill patients and working in Riyadh city. Twelve themes of the current practices, four themes of obstacles, and four themes of needs were identified with subthemes. To conclude, this qualitative study shows different enteral feeding practices, obstacles, and needs among registered dietitians. Thus, the need for developing national nutritional guidelines tailored to local population characteristics is highlighted. National guidelines are recommended to be compatible with a defined registered dietitian role with clear standards of practices and responsibility for each discipline to achieve a competent health care service.

BIOGRAPHY (up to 200 words)

Rabaa Alyumni is a Clinical Dietitian at King Fahad Medical City. She has completed her Bachelor degree at Princess Noura University with first class honors and excellent degree, the winner of prize in the First Student Annual Scientific Research Day in Health Colleges at Princess Noura University. She postgraduate study in nutrition program in association with Boston University School of Medicine. She holds her Master's degree in Clinical Nutrition at King Saud University, and awarded with excellence for academic achievement with first class honors degree. Actively participated in the 16th annual research symposium that held in King Fahad Medical city. Speaker in The Present and Future in Clinical Nutrition Care of Patients in the Health Cluster that held in KFMC. Speaker as a Health Coach in Training Program for Primary Health Care Centers (Riyadh Second Health Cluster) for presenting a lectures regarding Woman's Nutritional Health and the Nutritional Management of Critical Care & COVID-19 patients. Member of The Health Academy at Saudi Commission for Health Specialists, Makken the Sponsorship and model of care and attained successfully the Faculty Developmental Program.

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