

# ORAL NUTRITIONAL SUPPLEMENTATION IN THE PREVENTION OF PRESSURE ULCER AMONG HIGH RISK PATIENTS

(Division of Medical-Surgical Care 2008)

**Principal Investigators :** Stella Mari T. Cabana, R.N., Chamiel I. Leviste, R.N.,  
Leanne Marjorie G. Tonolete, R.N.

**Secondary Investigators :** Miel A. Alanzalon, R.N., Francis M. Tabago, R.N.

**Advisers :** Paul Cedric P. Rumbaoa, R.N., Janine Comendador, R.N., Maria Paz M. Rivera, R.N.,  
Lee B. Banguilan, R.N., Eva Teodora T. Sison, R.N., Felicisima T. Romero, R.N.,  
Leyda E. Dela Cuesta, R.N., Maria Linda G. Buhat, R.N., Ed.D.

## ABSTRACT

### Background of the study

Pressure Ulcer (PU) is a problem that is as old as man himself, yet it remains to be a major clinical dilemma that affects 0.4% to 38% of patients in acute care.

### Objective

The purpose of this study is to determine the effect of oral nutritional supplementation in the occurrence of pressure ulcer among high-risk patients.

### Methods

This study utilized Meta-analysis as the study design. After careful appraisal of the journals following a content analysis facilitated by experts, only three of the 25 journals were included. Data were submitted for statistical treatment to compute for Odds-Ratio. Pooled Odds-Ratio and 95% Confidence Interval were computed by means of Mantel-Haenszel Chi Square Test.

### Results

Of the three studies subjected for meta-analysis, only the study of Bourdel-Marchasson, et.al (2000) generated a significant result between the treatment and the control groups (OR = 0.7219; CI = 0.5240, 0.9945; P = 0.0462), with a relative risk reduction of 16.69%. Both Delmi, et.al, 1990 (OR = 0.7733; CI = 0.0818, 6.3951; P = 0.8437) and Houwing, et.al, 2003 (OR = 0.8250; CI = 0.3517, 1.9320; P = 0.7754) had no significant findings. Despite this, all three studies seemed to favor the treatment group (OR = 0.7360; CI = 0.5543, 0.9771; P = 0.0405), with a relative risk reduction of 26.4%.

**Keywords:** Oral nutrition supplementation, pressure ulcer, high risk patients