

Prehranska podpora in terapija pri akutnem pankreatitisu

Dietary support and treatment of acute pancreatitis

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IZVLEČEK

Akutni pankreatitis (AP) je akutna vnetna bolezen trebušne slinavke s kompleksnim patofiziološkim ozadjem. Klinično se lahko manifestira od blage do hude oblike, z odpovedjo več organov (MOF) in hudi katabolnim presnovnim odzivom. V zadnjih letih pojavnost narašča pri mlajši populaciji; lahko je povezana s prejšnjim uživanjem alkohola. Hude oblike so pogostejše pri kroničnih bolnikih, ki že imajo nastavljeno kahektično presnovo, povezano z vnetjem. Prehranska podpora pri bolniku z akutnim pankreatitisom pomeni presnovno podporo in modulacijo katabolizma. Prehranska terapija pa je namenjena zdravljenju motenj prehranjenosti, predvsem podhranjenosti, ki so pri hudi obliki pankreatitisa pogoste in prispevajo k hujši obolevnosti ter slabšemu izhodu zdravljenja. Glavni cilji prehranske strategije pri AP so preprečevanje ali zdravljenje podhranjenosti, modulacija imunskega sistema in zaščita črevesne pregrade ter predstavljajo pomemben del multimodalnega terapevtskega pristopa do bolnika z AP. Zato je po oceni bolnikovega prehranskega in presovnega stanja indicirano zgodnje zdravljenje z medicinsko prehransko terapijo. V hujših primerih je ta ukrep lahko pomemb-

ABSTRACT

Acute pancreatitis (AP) is an acute inflammatory pancreatic disease with a complex pathophysiological background. It can vary from mild to severe form, with multiple organ failure (MOF) and severe tissue catabolism. In recent years, the incidence is increasing in younger population; it can be associated with earlier alcohol intake. Severe forms are more frequent in chronic patient, who already have an inflammation related cachectic metabolic predisposition. Nutritional support imply a metabolic support and modulation of catabolism. Nutritional therapy is a medical therapy of nutritional disorders, in AP mainly malnutrition, which are frequent in severe forms of AP and contribute to morbidity and lower treatment efficacy. Main aims of nutritional strategy are a prevention or treatment of malnutrition, immune system modulation and gut barrier protection and as such, they represent the important part of multimodal approach of the patient with AP. Therefore, after evaluation of nutritional and metabolic status of the patient, early treatment with medical nutrition therapy is indicated. In severe cases, it can be more significant as a measure to prevent infection rather than as a route of

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nejši kot ukrep za preprečevanje okužbe in ne kot način prehranske podpore. Obstaja nekaj dokazov o uporabi farmakonutricije s probiotiki, glutaminom, omega-3 maščobnimi kislinami in vitamini.

nutrition support. There is some evidence of using farmaconutrition with probiotics, glutamine, omega-3 fatty acids, and vitamins.