

Love your liver with good nutrition

Authors:

JONES T¹, TRIPODI E¹, WARD E¹

¹Justice Health and Forensic Mental Health Network

Background/Approach: To assist and support patients living with advanced liver disease to increase their knowledge regarding nutritional options within the custodial environment.

Analysis/Argument: Patients diagnosed with advanced liver disease have specific dietary requirements that are difficult to fulfill within the custodial environment due to a variety of external factors. Providing patients with increased knowledge regarding their nutritional needs and the type of food and drink they should consume within this environment will assist in reducing the exacerbation of their liver disease and development of extra-hepatic manifestations.

Outcome/Results: The liver plays a significant role in the processing of food and the creation of energy reserves for the body to use when needed. This is why eating the correct food is so important, particularly for patients with advanced liver disease, where the liver may not be functioning correctly.

Written consumer education material was developed, providing guidance detailing the role of the liver, importance of good nutrition and specific strategies to optimise health through nutrition in custody. The resource was consumer focus tested with 9 patients. All patients (100%) reported that the resource was simple, easy to understand and visually appealing. The patients overwhelmingly reported the resource provided them with a greater understanding of the importance of good nutrition for their health.

Understanding the important role food plays is critical to patients' overall health outcomes. This resource helps to support patients to make improved dietary decisions whilst in the custodial environment, as well as providing foundational knowledge that can be used when making healthier choices in the community.

Conclusions/Applications: By following the guidance provided within this information resource, patients will have the opportunity to make informed decisions regarding their nutritional intake, which will in time assist and support positive overall health outcomes for the individual both within and out of the custodial environment.

Disclosure of Interest Statement: Nil disclosure of interest to declare.