

# Clinician Primer



Many patients with cirrhosis are at risk for malnutrition (a term used synonymously with 'under nutrition' in the Guide).

Malnutrition increases the:

- risk of mortality
- prevalence of portal hypertension-related complications
- infections
- length of hospitalization <sup>2-4</sup>

Our chapter specific for overweight patients notes that nutritional assessment and management of this population ideally requires regular involvement of a registered dietitian.

## Why use The Nutrition in Cirrhosis Guide in your clinic?

Consensus-based nutrition guidelines have been developed to identify, treat, and prevent malnutrition in patients with cirrhosis <sup>1,5-8</sup>. The incorporation of these cirrhosis-specific guidelines into routine care for hospitalized and non-hospitalized patients has been challenging due to multifactorial barriers, including:

- ready access to dietitians
- nutrition education specific to cirrhosis
- patient nutrition knowledge
- lack of attention given to food avoidance and intolerance <sup>6,9</sup>

This evidence-based Guide distills practice guidelines into simple messages augmented with nutritious, easy-to-prepare, low-cost meal suggestions that fulfill the unique needs of patients with cirrhosis. The Guide was co-designed and field-tested by patients and caregivers ensuring that the content is relevant, meaningful, and accessible.



## Who should read The Nutrition in Cirrhosis Guide?

Patients with cirrhosis at any stage will benefit from reading the Guide. The Guide is comprehensive and is not intended to be read in a single sitting. Certain segments or chapters will be more relevant at different disease stages.

## What formats are available for The Nutrition in Cirrhosis Guide?

- Please visit [www.liver.ca/nutritionincirrhosis](http://www.liver.ca/nutritionincirrhosis) or [www.wellnesstoolbox.ca](http://www.wellnesstoolbox.ca) to request hard copies or to download and print a digital copy.
- Please provide feedback to your care provider, who can notify our team. Updates will be available on the websites listed.

## What are other patient-friendly websites specific to cirrhosis?

- To access patient-oriented material about cirrhosis and its complications, we encourage you to direct your patients to: [www.liver.ca/cirrhosis](http://www.liver.ca/cirrhosis) or <https://www.hepatitis.va.gov/patient/complications/cirrhosis/single-page.asp> or [http://www.catie.ca/sites/default/files/Catie\\_Cirrhosis\\_web\\_EN\\_July22-2015.pdf](http://www.catie.ca/sites/default/files/Catie_Cirrhosis_web_EN_July22-2015.pdf)

## References

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