

Early Screening and Assessment Can Help Identify Those at High Risk for Pressure Ulcers, Urinary Tract Infections, Constipation and Those Needing Help in Maintaining Intestinal Microbiota Balance

Risk Factors for Pressure Ulcers:¹

- Unintended weight loss, low or high BMI
- Poor oral intake
- Receiving enteral/parenteral nutrition
- Immobility, decline in ADL
- Infections (e.g. UTI)
- Diagnosis of under-nutrition/malnutrition/hydration deficits
- Decline in ability to eat independently
- Chewing/swallowing problem/dysphagia
- Co-morbid conditions: end-stage renal disease, diabetes
- Cognitive impairments
- Skin exposure to urinary or fecal incontinence
- History of Pressure Ulcers
- Low albumin level

Risk Factors for Urinary Tract Infections:²

- Two or more UTIs in the past 6 months
- Incontinent
- Urinary retention
- Immobile
- Catheterized
- Orders for prophylactic antibiotics
- Poor fluid intake (<1000 mL/day), dehydration
- Medical conditions: Diabetes, kidney problems, neurogenic bladder, sickle-cell anemia, immunocompromised, urinary tract abnormalities, dementia, stroke, parkinson's, benign prostatic hyperplasia

Risk Factors for Constipation:³

- Low fiber intake
- Immobility
- Dehydration
- Co-morbidities
- Depression or Anxiety
- Cognitive or functional impairment
- Polypharmacy
- Decreased intake of calories, fiber, fluid
- Fever
- Medications (Antidepressants - SSRIs and TCAs, Antipsychotics, Antihistamines, Anti-Parkinson drugs, Antacids, Calcium supplements, Calcium channel blockers, Diuretics, Iron, Nonsteroidal anti-inflammatory drugs, Opiates, Sucralfate)
- Metabolic (Amyloidosis, Chronic kidney disease, Diabetes, Electrolyte imbalance, Hyperparathyroidism, Hypothyroidism, Scleroderma)
- Mechanical (Anal stenosis, Colonic neoplasia, Strictures)
- Neuropsychiatric (Autonomic neuropathy, Cerebrovascular accidents, Dementia, Parkinson disease, Depression, Multiple sclerosis)

Risk Factors for Compromising Healthy Microbiota Balance:⁴⁻⁹

- Polypharmacy
- Proton pump inhibitors
- Enteral tube feeding
- Gastrointestinal surgery

Recommend Pro-Stat®, UTI-Stat®, Fiber-Stat® & Diff-Stat® for your residents today!



Pressure Ulcers
Pro-Stat®



Urinary Tract Infections
UTI-Stat®



Constipation
Fiber-Stat®



Healthy Microbiota Balance
Diff-Stat®



For more helpful tools, visit the Tools & Resources section of NutriciaLearningCenter.com.

Call 1-800-221-0308 or visit www.pro-stat.com today for more information.

* Pro-Stat, UTI-Stat and Fiber-Stat are medical foods intended for the dietary management of wounds, urinary tract infections and constipation, respectively. Diff-Stat is a dietary supplement to help support intestinal microbiota. These are medical nutrition products to help prevent the conditions listed, but do not necessarily impact the risk factors listed.

1. Garcia AD, Thomas DR. Med Clin North Am. 2006;90(5):925-944. 2. Buhr GT, Genao L, White HK. Clin Geriatr Med. 2011 May;27(2):229-39. 3. Tariq Syed. JAMDA. 2007 May; 8 (4) 209-218. 4. Whelan K et al. J Nutr 2005; 135: 1896- 902. 5. Majid HA et al. J Hum Nutr Diet 2007; 20: 364. 6. Schneider SM, et al. Clin Nutr 2006; 25: 82- 90. 7. Vesper B.J. et al. Current Drug Metabolism, 2009, 10, 84-89. 8. Jernberg C et al. Microbiology 2010, 156:3216-3223. 9. Correia MI et al. Nutrition. 2012 Mar;28(3):230-234.

