


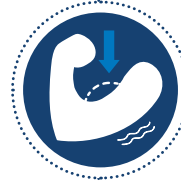
IMPROVING YOUR RECOVERY JOURNEY AT HOME

When you are in the hospital, you may experience **nutritional decline** and **muscle loss** due to various reasons:¹⁻⁴



Nutritional decline

- Prolonged bed rest
- Poor appetite
- Treatment-related side effects (e.g., vomiting or diarrhoea)
- Illness-associated



Muscle loss

- Prolonged bed rest
- Physical inactivity
- Poor appetite
- Inflammation


WHY IT MATTERS

About **50%** of patients are malnourished at discharge.⁵

1 in 4 patients lose weight unintentionally when leaving the hospital.⁶

Prolonged bed rest results in loss of muscle mass and strength, leading to **loss of function**.^{4,7}


Malnutrition and muscle loss can lead to serious consequences:^{1,2,8}



Higher risk of falls and broken bones




Less independence



Higher risk of infections



Higher risk of death










Longer and more frequent hospital stays



Higher healthcare costs

What can you do to RECOVER BETTER?

KNOW THE WARNING SIGNS ⁸					
	Sudden unexpected weight loss	Loss of appetite	Muscle weakness	Frequent nausea, vomiting, or diarrhea	Slow-healing wounds
					
Feeling tired or fatigued	Swelling in your ankles, legs, or belly	Getting sick often	Low energy	Slower walking speed	Decreased strength








Consume NUTRITIOUS, WELL-BALANCED Meals

Good nutrition is important in your recovery journey. It helps you:^{9,10}

- ✓ Heal faster
- ✓ Prevent infection
- ✓ Build and repair muscle
- ✓ Promote independence
- ✓ Minimize muscle loss
- ✓ Avoid hospital readmission.

Restore your food foundation - Make continuous effort to eat a complete, well-balanced diet as recommended by the Health Promotion Board of Singapore.



Food Groups	Recommended number of servings per day
 Brown rice & Wholemeal bread	4-6
 Fruits	2
 Vegetables	2
 Meat & Others of which	3
 Dairy foods or Calcium-rich food	1

Source: <https://www.healthhub.sg/programmes/nutrition-hub/eat-more>

Nutrition for your recovery

During recovery, your body will need more calories, protein and other nutrients than usual.

Eating tips to help you meet your nutritional need^{8,11}



Enhance flavors with spices and herbs

instead of salt and sugar.



Eat 5-6 smaller meals

throughout the day instead of 3 big meals.

Make your meals social –

ask family or friends to eat with you.



For individuals who are not eating well and have difficulty meeting their nutritional needs through food alone, consider the use of a complete, balanced Oral Nutrition Supplement (ONS) as part of your healthy well-balanced diet to help you better meet nutritional goals.

Consult your healthcare professional if you think you are malnourished or not eating well. They can advise you on a diet plan that is best for you.



Staying ACTIVE and getting into EXERCISE

RESTARTING daily activities at home

It is important to follow the **guidance from your healthcare professional** about restarting daily activity after you return home.¹²

1- Begin slowly



2- Aim for daily movement



3- Spend as much time out of bed as you can



4- Start with small tasks



BE PATIENT – your body will need time to adapt to increased movement before you can fully resume your usual activities.

EASING INTO exercise at home

Consult your healthcare professional before you start any exercise. They can help you determine which exercises are best for you in your present condition and can complement your recovery, and how to do it safely and effectively.

It is **important to stop exercise immediately and seek medical attention** if you experience any of the following symptoms:¹³



1 Dizziness



2 Shortness of breath



3 Breaking out in cold sweat



4 Chest pains



5 Pain in the joints



Everyone is different – your healthcare professional can provide specific recommendations tailored to your condition.

Speak with your healthcare professional if you have any concerns with resuming your activities or exercise.



BE PROACTIVE in supporting your recovery journey



Know the warning signs of malnutrition and muscle loss



Eat nutritious well-balanced diet



Supplement your diet with ONS



Avoid being sedentary – stay active and slowly get into an exercise routine as recommended by your healthcare professional

Disclaimer:

This material is for informational purposes only. It does not replace the advice or counsel of a doctor or healthcare professional.

You should consult with, and rely only on the advice of your doctor or healthcare professional.

References: 1. Ng DHL, et al. *Nutrients* 2023;15(21):4492; 2. Prado CM, et al. *Clin Nutr* 2022;41(10):2244–2263; 3. Van Dronkelaar C, et al. *Nutrients* 2019;11(4):932; 4. HealthHub. 2023. Available from: <https://www.healthhub.sg/live-healthy/why-bed-rest-often-isnt-best>. Accessed Jan 2024; 5. Allard JP, et al. *Br J Nutr* 2015;114:1612–1622; 6. Keller H, et al. *Eur J Clin Nutr* 2017;71(6):766–772; 7. HealthXchange.sg. 2021. Available from: <https://www.healthxchange.sg/seniors/caregiver-tips/how-to-prevent-prolonged-bed-rest-complications>. Accessed March 2024.; 8. ASPEN. 2021. Available from: https://www.nutritioncare.org/uploadedFiles/Documents/Malnutrition/MAW_2021/Consumer-Info-Sheet-Geriatrics-8.5.21.pdf. Accessed Jan 2024; 9. Hirsch KR, et al. *Nutrients* 2021;13(5):1675; 10. Lærum-Onsager E, et al. *Int J Behav Nutr Phys Act* 2021;18(1):62; 11. HealthHub. 2023. Available from: <https://www.healthhub.sg/live-healthy/nutrition-for-the-golden-years>. Accessed Jan 2024; 12. National Council on Aging. 2021. Available from: <https://www.ncoa.org/article/tips-for-recovering-after-being-hospitalized-with-acute-illness>. Accessed Jan 2024; 13. HealthXChange. 2021. Available from: <https://www.healthxchange.sg/seniors/healthy-ageing/best-exercises-seniors>. Accessed Jan 2024.