

CRA NUTRITRACKTM SYSTEM

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Nutritrack is a web application that helps cancer patients who have issues with low food intake and weight loss. It allows them to easily record their food intake history through a menu format, calculate energy and nutrients, and send the information to dietitians for nutritional assessment. This enables the design of appropriate meals for quick and effective nutritional treatment, preventing the risk of malnutrition.

Key Features



Tracking Patients' Food Intake

The app provides a user-friendly food recording function for patients to track their daily food intake, making diet management easier, more convenient, and more accurate compared to paper records.



Reducing Dietitian's Workload

The app can automatically calculate calories, protein, and other nutrients from food records, allowing for quicker and more accurate patient monitoring.

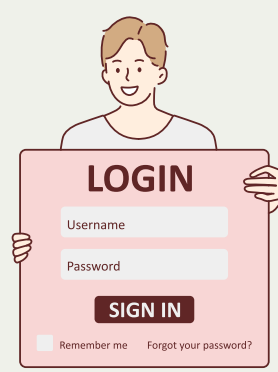


Creating Meal Plan

The app can create personalized meal plans, tailoring to meet patients' requirements based on the app's calculations with a genetic algorithm, ensuring personalized and precise nutritional support.

Steps for Using

The app users on the patient side.



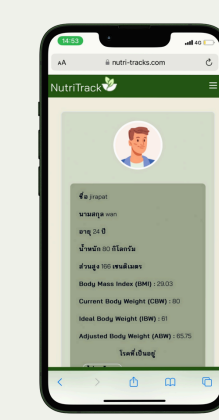
1 Patients register and record their health information.

- Weight
- Height
- Gender
- Age
- Chronic diseases.



2 Patients record their daily meals.

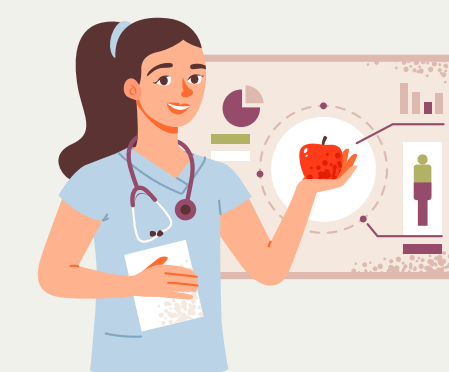
- Food menu
- Food portions



3 The app calculates the values automatically.

- Body Mass Index : BMI
- Ideal Body Weight : IBW
- Adjusted Body Weight : ABW
- Calorie intake
- Protein intake

The app users on the dietitians side.



1 Set goals and assess risks based on the data received.

- Calories Goal Requirements
- Protein Goal Requirements
- SPENT Nutrition Screening
- Nutrition Triage : NT-2013
- Nutrition Alert Form : NAF
- Refeeding risk assessment



2 The app summarizes the results and generates suitable meal plans.

- Oral diet
- Oral nutrition supplements (ONS)
- Enteral nutrition



3 All data is sent to the patient-side users.

- Calorie/Protein intake
- Goal Requirements
- Nutrient deficiencies
- Assessment scores
- Recommended meal plans

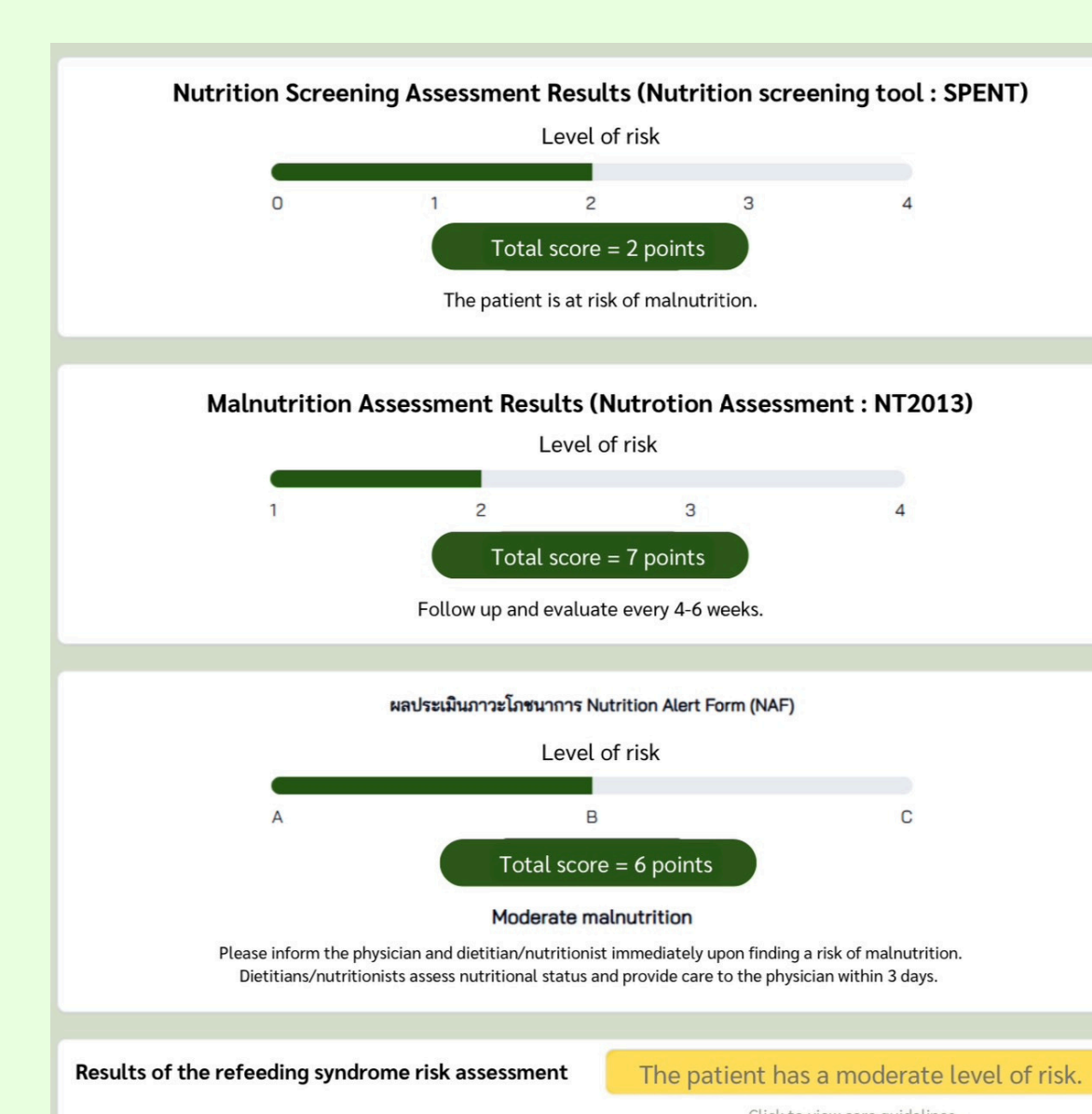
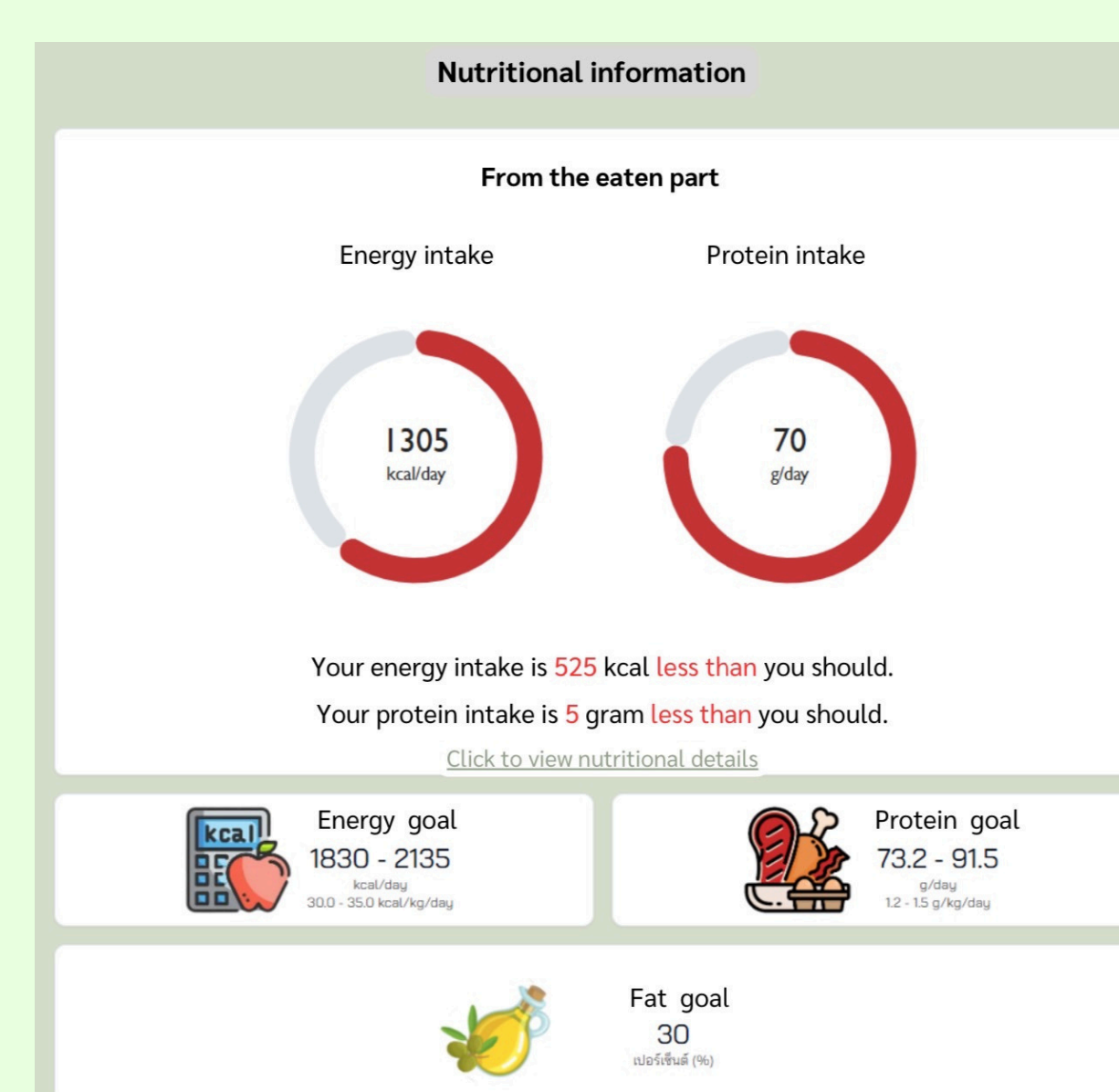
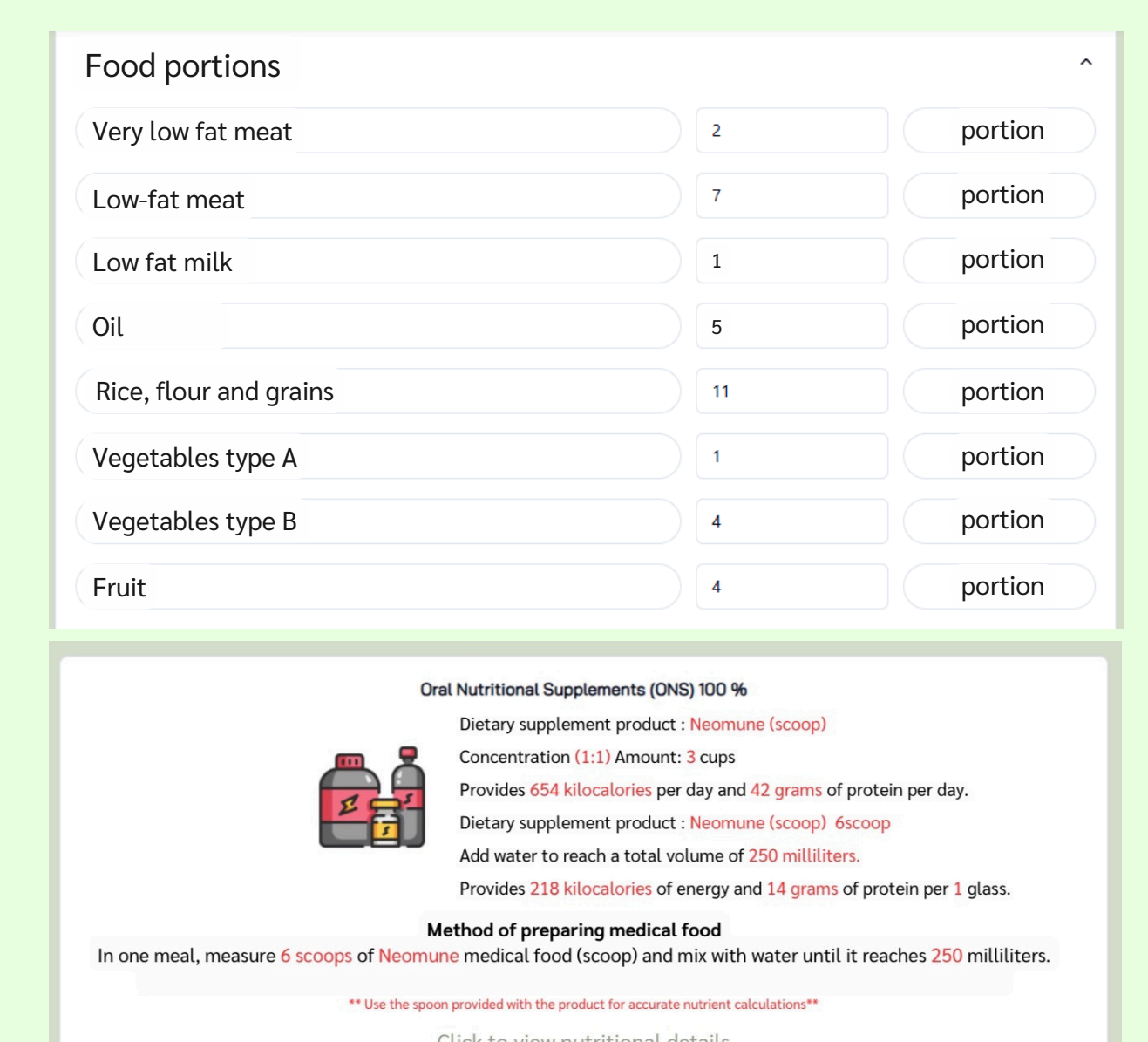
Benefits

The app allows continuous tracking of nutritional progress and can send reminders to patients to follow their meal plan, helping to prevent nutrient deficiencies.

Target Users

- Dietitians / Nutritionists
- Physician
- Patient

Results obtained from the Nutritrack web application.

Food portions

| | | |
|------------------------|----|---------|
| Very low fat meat | 2 | portion |
| Low-fat meat | 7 | portion |
| Low fat milk | 1 | portion |
| Oil | 5 | portion |
| Rice, flour and grains | 11 | portion |
| Vegetables type A | 1 | portion |
| Vegetables type B | 4 | portion |
| Fruit | 4 | portion |

Oral Nutritional Supplements (ONS) 100 %

Dietary supplement product : Isomune (scoop)

Concentration (1:1) Amount: 3 cups

Provides 624 kilocalories per day and 42 grams of protein per day.

Dietary supplement product : Isomune (scoop) 1 scoop

Add water to reach a total volume of 250 milliliters.

Provides 218 kilocalories of energy and 14 grams of protein per 1 glass.

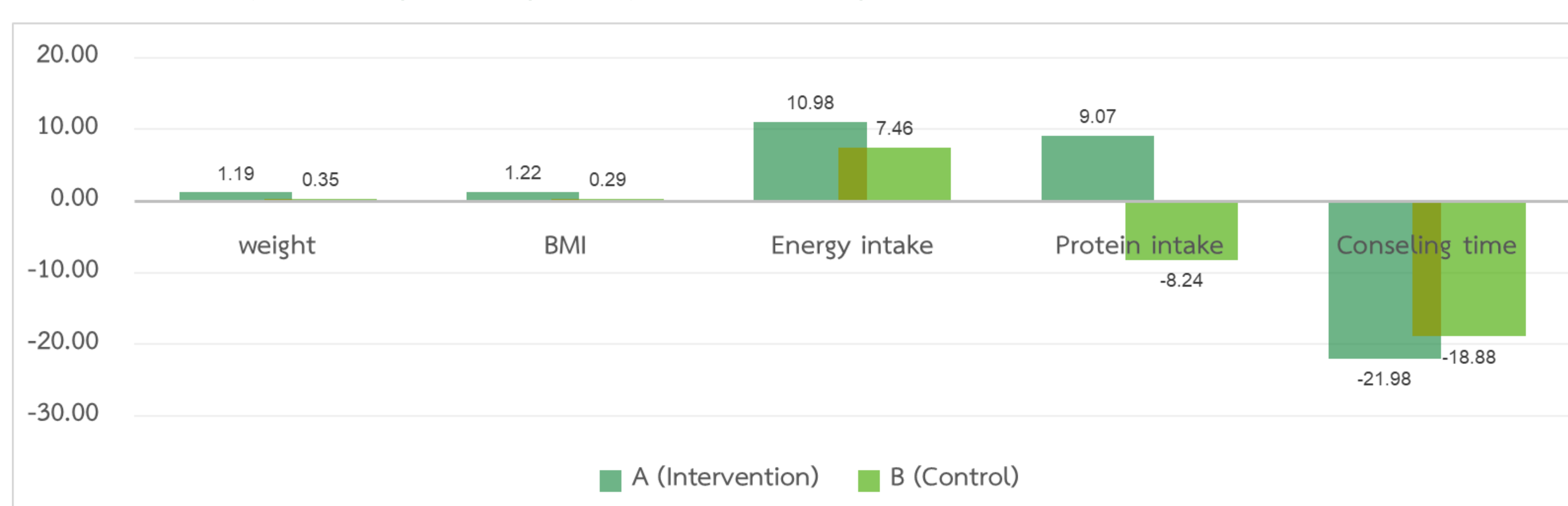
Method of preparing medical food

In one meal, measure 6 scoops of Isomune medical food (scoop) and mix with water until it reaches 250 milliliters.

** Use the spoon provided with the product for accurate nutrient calculations**

Click to view nutritional details

The results of percentage changes in patients who got treatment with Nutritrack.



Feedback



Mobile Application Rating Scale(MARS)

Overall Score

3.94



| | |
|---------------|------|
| Engagement | 4.01 |
| Functionality | 3.76 |
| Aesthetics | 3.94 |
| Information | 4.03 |



Youtube : Chulabhorn Channel



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