

Preface

This Handbook of Clinical Nutrition and Stroke is intended to serve as a comprehensive reference on nutrition for the multidisciplinary team caring for stroke patients. Our aim is for this handbook to provide practical information to clinicians working with the stroke population as well as the most up to date, evidence-based information currently available. Until this book was published, there was a gap in publications that provide comprehensive information on this population and specifically the area of nutrition support.

The book provides an introduction on the different types of stroke, associated risk factors, and uniquely feature global perspectives on stroke. In addition to discussing stroke risk factors, the treatment and management from the acute care setting though rehabilitation is outlined. We further capture the lifespan of patients affected by stroke (pediatric, younger adults, and older adults), and address prevention (from both nutritional and medical factors). Progression of the nutrition care plan is fully discussed from enteral tube feeding placement, enteral tube feedings, parenteral nutrition, unique nutrient requirements, oral dysphagia diets, and transitional feedings as patients regain their nutritional autonomy.

The authors were selected based on their areas of expertise with stroke patients. The dedication and expertise of the many contributing authors made this publication possible.

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