

# Nutrition to Support Postoperative Recovery

NCT07109505

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Dartmouth-Hitchcock Medical Center
<b>Enrollment</b>	100 participants

## Key Eligibility Criteria

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### Inclusion (1)

- patients  $\geq 70$  years old having major orthopedic or abdominal surgery, defined as a procedure with a planned inpatient stay of at least one night.

### Exclusion (2)

- emergency surgery, diagnosis of dementia or major psychiatric diagnosis such as schizophrenia, Parkinson's disease, inability to consent for themselves, unwilling or unable to complete all study requirements and measurements, any known food allergy, dislike of shake flavor(s), unwilling or unable to tolerate caffeine in shake, unable to take oral nutrition, BMI  $> 45$ , diagnosis of an eating disorder, insulin dependent diabetes.
- MRI procedure eligibility will be assessed using the DHMC Department of Radiology's standard MRI Safety Checklist, which screens for potential contraindications to MRI scanning such as metal in the body, possible exposure to metal in the eyes, pregnancy, and claustrophobia. Any individual with a contraindication to MRI scanning will not be eligible to participate in the optional MRI component.

## Locations (1 total)

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Dartmouth-Hitchcock Medical Center, Lebanon, New Hampshire, United States