

# Practice & Prescribing

## Support Information

### Vitamin B1 & B6 adequacy in TB

The following relates to Q7-8. Enter the information provided below into FeedCalc Trainer. NB: You need to upgrade if you downloaded before 2014: [www.nutritionsupport.info/node/57](http://www.nutritionsupport.info/node/57)

- Demography:
  - Male, 20y, 170 cm, 60 kg (current).
- At 16y became an IV drug user, occasional excessive alcohol and lived in a shared derelict house. Poor diet, 10 kg weight loss (65 kg to 55 kg). At 19.5y entered drug rehabilitation. Now drug free, no alcohol. Residual malnutrition. TB +ve, HIV -ve. TB treatment has continued 6 months.
- Open FeedCalc:
  - Config: Settings > EN Stds: Set to AusNZ\_RDI. [NB. This is currently most modern and includes specific values for 2nd trimester].
  - Patient: Enter sex, height, weight, age.
  - Energy:
    - State: Malnut.
    - Type: TB (HIV-).
    - Specific: 6m treatment.
  - Activity: Sits, stands, short walks: PAL 1.6.
  - IO:
    - Diet good quality, steady weight gain.
    - EN:
      - > Micro:
        - Forceval: click '+' to add to list, specify dose = 1. Used as a general micronutrient supplement.
      - > Oral:
        - B1\_vit, dose = 300 mg [100 mg supplement 3 x daily, related to previous alcohol intake].
        - B6\_vit, dose = 300 mg [100 mg supplement 3 x daily, related to isoniazid TB treatment].
- Problems:
  - Still TB positive.
  - Complaining of paraesthesia.
  - GP requests review of vitamin status.