Efficacy of Low Microbial Diet in Immunocompromised Adult Bone Marrow Transplant Patients

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Introduction
There continues to be a controversy and differences in practice regarding Low Microbial Diet. Although use of the diet seems prudent, there is no clear proof that the diet reduces infections.

PREVIOUS LOW MICROBIAL DIET PRACTICE
1. Only thick skinned fruit
2. Only cooked dried fruit
3. No Frozen Fruit
4. Cooked Vegetables
5. No Yogurt
6. Cooked spices only, including pepper
7. Boiled water and ice cubes from boiled water only

Methods
- A literature search was undertaken using the Cochrane Database of Systemic Reviews, and Pubmed, from 2006 – 2011

Results
- There are few studies gathered about how Low Microbial effects immunocompromised patients
- Studies that have been conducted may have the same subject matter of Low Microbial Diet however the implementation specifics and cancer populations are different
- Periods of immunocompromised state were inconsistent in adult blood and marrow transplant patients
- Scant evidence exists on the effectiveness of diet to adult blood and marrow transplant patients

NEW LOW MICROBIAL DIET PRACTICE “NOW ALLOWED”
1. Ok to eat well-washed raw fruit, frozen fruit and dried fruit (exception of fresh/frozen berries)
2. Ok to eat well-washed raw vegetables (no raw sprouts)
3. Ok to eat yogurt (except those with immune-enhancing claims)
4. Ok to add pepper and other spices after cooking
5. Ok to drink Tap Water. It is considered safe from bacterial contamination
6. Ice cubes should be made from tap water and frozen in a clean ice cube tray
7. Ok to drink commercially distilled bottled water

Conclusion
- LIBERALIZATION of the Low Microbial Diet has been instituted at Stanford Health Care Department of Blood and Marrow Transplant in early 2012
- Food choice offerings became of greater variety, less labor intensive and also more acceptable

Survey of 12 “BMT Like” Programs

CDC GUIDELINES
*Handwashing*
*Clean* *Separate* *Cook* *Chill*

References
Centers for Disease Control and Prevention. www.cdc.gov/foodsafety.com
USDA Food Safety Information. www.fsis.usda.gov/PDF