

RISK OF MALNUTRITION IN PATIENTS WITH COVID-19 DISEASE WHO RECEIVE ORAL NUTRITIONAL SUPPLEMENTS



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BACKGROUND AND IMPORTANCE

- ESPEN (European Society for Clinical Nutrition and Metabolism) guidelines recommend the optimization of the nutritional status in patients with SARS-Cov2 infection through dietary advice and /or **oral nutritional supplements (SNO)**
- These should provide about **400 Kcal and a minimum of 30 grams of protein** per serving.

AIM AND OBJECTIVES

Evaluate the risk of malnutrition in patients with SARS-Cov2 respiratory disease who received SNO and the adequacy of them.

MATERIALS AND METHODS

- Cross-sectional observational study conducted between **March and April 2020**.
- Adult patients with SARS-Cov2 respiratory disease and who received SNO were included.
- **Variables:** Age, sex, risk of malnutrition according to GLIM criteria, type of supplement, energy and protein intake, adaptation of the oral diet, evaluation by the Nutrition service and reason for the consultation.
- Data analysis → **SPSS 25.0 version**.



RESULTS

- **162 patients** were analyzed. 51.8% (85) were men with a mean age of 72.75 ± 12.58 years.
- **BMI mean:** 27.05 ± 4.2 Kg / m² . **23.2% (38) obese**.

CRITERIA	Number of patients (%)
Weight loss greater than 5% in the previous 6 months	25 (15.2%)
Low BMI *	11 (6.7%)
low intake (≥ 7 days of hyporexia)	151 (92,1%)
inflammation associated with the disease	162 (100%)

* ≤ 20 Kg / m² in those under 70 years old and ≤ 22 Kg / m² in the elderly

Risk of malnutrition 22.6% (37)

- SNO provided a mean of **408.4 ± 164.06 Kcal per day**.
- All were **hyperprotein** with a mean of **25.96 ± 10.08 grams** of protein per day.
- 18.3% (30) had an adapted oral diet

- **16.5% (27)** of the patients underwent consultation with the **Nutrition service**.
- **Reasons:** 70% (19) marked hyporexia, 18.5 % (5) dysphagia and 14.8% (3) severe diarrhea.



CONCLUSIONS

- Patients with **Covid-19** are susceptible to **malnutrition**.
- **Hyporexia** is the main symptom.
- A quarter of the patients were **obese**, a factor associated with a worse evolution of the disease.
- In our hospital, it would be advisable to **increase the caloric and protein intake** of the SNOs to comply with the ESPEN recommendations.

Abstract number : 4CPS-360