

ESPEN expert statements and practical guidance for nutritional management of individuals with sars-cov-2 infection

Rocco Barazzoni

Standards and Guidelines

Small Intestine & Nutrition

January 1, 2020

The European Society for Clinical Nutrition and Metabolism provides 10 practical recommendations for nutritional management of COVID-19 patients, focusing on ICU settings and those with older age and polymorbidity.

KEY POINTS

- Acute respiratory complications requiring ICU management are a major cause of morbidity and mortality in COVID-19 patients, with worst outcomes reported in immunocompromised subjects, older adults, polymorbid individuals, and malnourished people
- ICU stay, polymorbidity, and older age are commonly associated with high risk for malnutrition, which represents a relevant risk factor for higher morbidity and mortality in both chronic and acute disease
- Prolonged ICU stays required for COVID-19 patient stabilization may directly worsen or cause malnutrition, with severe loss of skeletal muscle mass and function leading to disability, poor quality of life, and additional morbidity
- ESPEN recommends that prevention, diagnosis, and treatment of malnutrition should be routinely included in the management of COVID-19 patients, particularly those in ICU settings or with older age and polymorbidity

VIEW THIS CONTENT ON GUTFLIX

<https://gutflix.eu/search/d/ea3942ac-9360-11ed-9527-0242ac140004>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.