

ESPEN guideline on clinical nutrition in liver disease

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Standards and Guidelines

Hepatobiliary

Small Intestine & Nutrition

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ESPEN published evidence-based guidelines with 85 recommendations for nutritional and metabolic management of adult patients with liver disease.

KEY POINTS

- The guidelines cover acute liver failure, severe alcoholic steatohepatitis, non-alcoholic fatty liver disease, liver cirrhosis, liver surgery and transplantation, and nutrition associated liver injury distinct from fatty liver disease.
- Recommendations were developed using the SIGN method based on meta-analyses, systematic reviews and clinical trials formulated according to PICO format.
- The guidelines include statements on underlying pathophysiology, pathobiochemistry, and methods for assessing nutritional status and body composition.
- This resource is intended for multidisciplinary teams managing nutritional and metabolic aspects of adult liver disease patients.

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