



OCTOBER 2021 NUTRITION RESEARCH REVIEW

Performing nutrition assessment remotely via telehealth

Publication: Nutrition in Clinical Practice
Publish Date: 2021 June 8
Authors: Mauldin, Kasuen; Gieng, John; Saarony, Dania; Hu, Catherine

Performing nutrition assessment remotely via telehealth is a topic of significant interest given the global pandemic in 2020 that has necessitated physical distancing and virtual communications. This review presents an evidence-based approach to conducting nutrition assessments remotely. The authors present suggestions for adaptations that can be used to perform a remote nutrition-focused physical exam. Direct-to-consumer technologies that can be used in remote nutrition assessment are discussed and compared. Practice tips for conducting a telehealth visit are also presented. The aim of this publication is to provide interdisciplinary clinicians a set of guidelines and best practices for performing nutrition assessments in the era of telehealth.

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Time to achieve delivery of nutrition targets is associated with clinical outcomes in critically ill children



Publication: The American Journal of Clinical Nutrition
Publish Date: 2021 July 28
Authors: Bechard, Lori J; Staffa, Steven J; Zurakowski, David; Mehta, Nilesh M

Optimal nutrition in critically ill children involves a complex interplay between the doses, route, and timing of macronutrient delivery. This prospective, observational cohort study examined the association between the time to achieve delivery of 60% of the prescribed energy and protein targets and clinical outcomes in mechanically ventilated children. Achieving 60% of energy or protein delivery targets within the first 7 days after PICU admission is associated with lower 60-day mortality in mechanically ventilated children, and is not associated with a greater incidence of infections or a reduction in ventilator-free days compared to later achievement of targets.

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Early enteral feeding in preterm infants: a narrative review of the nutritional, metabolic & developmental benefits

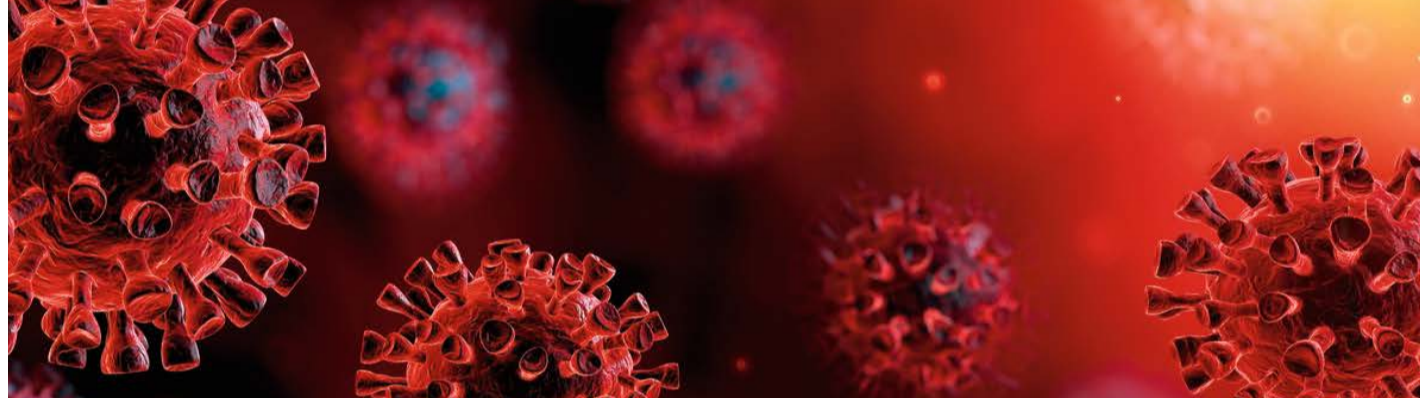


Publication: Nutrients
Publish Date: 2021 July 1
Authors: Thoene, Melissa; Anderson-Berry, Ann

The purpose of this narrative review is to summarize health and clinical benefits of early enteral feeding within the first month of life in preterm infants. Likewise, this review also proposes methods to improve enteral delivery in clinical care, including a proposal for decision-making of initiation and advancement of enteral feeding. An extensive literature review assessed enteral studies in preterm infants with subsequent outcomes. The findings support the early initiation and advancement of enteral feeding impact preterm infant health by enhancing micronutrient delivery, promoting intestinal development and maturation, stimulating microbiome development, reducing inflammation, and enhancing brain growth and neurodevelopment. Clinicians must consider these short- and long-term implications when caring for preterm infants.

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Long-term effects of malnutrition on severity of COVID-19



Publication: Scientific Reports
Publish Date: 2021 July 22
Authors: Kurtz, Alec; Grant, Kenneth; Marano, Rachel; Arrieta, Antonio; Grant Jr, Kenneth; Feaster, William; Steele, Caroline; Ehwerhemuepha, Louis

The COVID-19 pandemic is a public health crisis that has the potential to exacerbate worldwide malnutrition. This study examines whether patients with a history of malnutrition are predisposed to severe COVID-19.

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The role of nutrition in COVID-19 susceptibility and severity of disease: a systematic review



Publication: Journal of Nutrition
Publish Date: 2021 July 15
Authors: James, Philip T; Ali, Zakari; Armitage, Andrew E; Bonell, Ana; Cerami, Carla; Drakesmith, Hal; Jobe, Modou; Jones, Kerry S; Liew, Zara; Moore, Sophie E; Morales-Berstein, Fernanda; Nabwera, Helen M; Nadjm, Behzad; Pasricha, Sant-Rayn; Scheelbeek, Pauline; Silver, Matt J; Teh, Megan R; Prentice, Andrew M

This systematic review evaluated how malnutrition across all its forms (under- and overnutrition and micronutrient status) may influence both susceptibility to, and progression of, COVID-19. For this review, the final narrative synthesis included 22 reference articles, 38 preprint articles, and 79 trials. The results showed that there is strong evidence that prevention of obesity and type 2 diabetes will reduce the risk of serious COVID-19 outcomes. The results also showed that there is limited evidence that high-dose supplements of micronutrients will either prevent severe disease or speed up recovery.

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Cost savings associated with nutritional support in medical inpatients: an economic model based on data from a systematic review of randomised trials



Publication: BMJ Open
Publish Date: 2021 July 9
Authors: Schuetz, Philipp; Sulo, Suela; Walzer, Stefan; Vollmer, Lutz; Brunton, Cory; Kaegi-Braun, Nina; Stanga, Zeno; Mueller, Beat; Gomes, Filomena

The current economic model applied cost estimates to the outcome results from a recent systematic review and meta-analysis of hospitalised patients (27 trials; n=6803 patients). Overall costs of care within the model timeframe of 6 months averaged US \$63,227 per patient in the intervention group versus US \$66,045 in the control group, which corresponds to per patient cost savings of US \$2,818. These cost savings were mainly due to reduced infection rate and shorter lengths of stay. We also calculated the costs to prevent a hospital-acquired infection and a non-elective readmission of US \$820 and US \$733, respectively. The incremental cost per life-day gained was US \$1,149 with 2.53 additional days. For medical inpatients who are malnourished or at nutritional risk, our findings showed that in-hospital nutritional support is a cost-effective way to reduce risk for readmissions, lower the frequency of hospital-associated infections, and improve survival rates.

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