

## March Nutrition Research Review

### Nutritional Rehabilitation of Malnourished Children: Are Nutritional Supplements a Must?

**Publication:** Current Medical Research and Opinion

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**Publish Date:** February 2023

**Abstract:** Malnutrition threatens children worldwide. The objective of the current study was to highlight the role of nutritional screening, evaluate the effectiveness of nutritional intervention program, and whether nutritional supplements have surplus benefit.

Screening Tool for the Assessment of Malnutrition in Pediatrics (STAMP) was used to screen 3640 clinically stable 2-5 years old children recruited from the outpatient clinics, Children's Hospital, Ain Shams University. A total of 100 patients at high risk of malnutrition were enrolled. Full nutritional assessment was done and according to the distribution of the calories in the daily meal plan, the patients were randomly divided into two groups each comprised 50 patients. Group A received tailored nutritional dietary rehabilitation plan including dietary supplements, while Group B received only dietary advice. Anthropometric measurements, laboratory tests, as well as STAMP scoring were reassessed after the nutritional rehabilitation programs. Nutritional screening revealed that 5.14% were at high risk of malnutrition. Both studied groups showed significant improvement in caloric intake and all anthropometric measurements upon nutritional rehabilitation, except for the height z scores. Patients who received nutritional supplements showed significantly better changes regarding weight, BMI, caloric intake, and hemoglobin. Regarding STAMP categories during follow up, Group A had only 6% of the patients still in the high-risk category and 76% were at low risk compared to 14% high risk and only 54% were at low risk in Group B.

Nutritional screening in pediatric outpatient facilities can lead to implementing prompt nutritional rehabilitation, which can reflect on the patients' overall health. Tailored nutritional plan can accomplish good response in terms of improvement of caloric intake, anthropometric measurements and laboratory parameters. Adding a nutritional supplement to the dietary plan during nutritional rehabilitation isn't a must but it demonstrated superior goal achievement.

<https://pubmed.ncbi.nlm.nih.gov/36227220/>

## The Role of Nutrition in Children with Cancer

**Publication:** Tumori Journal

**Authors:** Serena Ilaria Tripodi, Elena Bergami, Arianna Panigari, Valentina Caissutti, Carlotta Brovia, Marica De Cicco, Emanuele Cereda, Riccardo Caccialanza, Marco Zecca

**Publish Date:** January 2023

**Abstract:** In recent years, the influence of nutrition on the health and growth of children has become increasingly important. The relevance of nutrition is even greater for children who are facing cancer. Malnutrition, within the context of undernutrition and overnutrition, may impact not only the effectiveness of treatments and outcomes, but also the quality of life for patients and their families. In this article, we review nutritional assessment methods for children with cancer, focusing on the specific characteristics of this population and analyze the efficacy of nutritional interventions, which include enteral, parenteral, and nutritional education. From our analysis, two important conclusions emerged: i) there is a need to focus our attention on the nutritional status and the body composition of oncologic children, since these factors have a relevant impact on clinical outcomes during treatment as well as after their conclusion; ii) the support of skilled clinical nutrition personnel would be extremely helpful for the global management of these patients.

[https://journals.sagepub.com/doi/10.1177/03008916221084740?j=16304728&sfmc\\_sub=923556715&l=357HTML&u=365760402&mid=1335441&jb=4005](https://journals.sagepub.com/doi/10.1177/03008916221084740?j=16304728&sfmc_sub=923556715&l=357HTML&u=365760402&mid=1335441&jb=4005)

## The Global Leadership Initiative on Malnutrition Criteria for the Diagnosis of Malnutrition in Patients Admitted to the Intensive Care Unit: A Systematic Review and Meta-Analysis

**Publication:** Clinical Nutrition

**Authors:** Gustavo Díaz, Maria Isabel T D Correia, Maria Cristina Gonzalez, Mariana Reyes

**Publish Date:** February 2023

**Abstract:** This systematic review and meta-analysis investigated the use and validity of the GLIM criteria in adult patients admitted to the ICU. Five studies were included in the analysis. Approximately 15%-68% of patients were diagnosed with malnutrition using the GLIM criteria while 48%-75% of patients with malnutrition were identified with the Subjective Global Assessment (SGA). In the prospective validation, malnutrition assessed by the GLIM criteria, and the SGA was associated with mortality. Overall, the use and validity of the GLIM criteria among patients admitted to the ICU is still limited.

<https://pubmed.ncbi.nlm.nih.gov/36599273/>

## Nutrition Issues in the General Medical Ward Patient: From General Screening to Specific Diagnosis and Individualized Treatment

**Publication:** Journal of Parenteral and Enteral Nutrition

**Authors:** Carla Gressies, Pascal Tribolet, Philipp Schuetz

**Publish Date:** February 2023

**Abstract:** Disease-related malnutrition remains a challenge in patients in the general medical ward patients. There have been recent advances in the development of consensus diagnostic criteria for malnutrition, and the understanding of pathophysiological pathways and evidence-based treatment algorithms to provide nutrition care to patients at risk for malnutrition in the hospital setting. However, there remains a need to identify more specific clinical parameters and blood biomarkers, which allow a more personalized approach to the malnourished patients. Furthermore, there is need for more education of students and treating teams in the hospital to improve the screening of patients at hospital admission regarding nutrition risk with the start of individualized nutrition support interventions, thereby bringing optimal nutrition care to the bedside.

<https://pubmed.ncbi.nlm.nih.gov/36468298/>