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# July 2021 Nutrition Research Review

## Malnutrition Care During the COVID-19 Pandemic: Considerations for Registered Dietitian Nutritionists

**Publication:** J Acad Nutr Diet

**Publish Date:** 14 May 2021

**Authors:** Deepa Handu, Lisa Moloney, Mary Rozga, Feon W Cheng

This publication provides guidance and practice considerations for registered dietitian nutritionists (RDNs) providing nutrition care for adults with COVID-19 infection in the hospital, outpatient, or home care settings. This publication also discusses and provides considerations for RDNs working with individuals at risk of malnutrition secondary to food insecurity during the COVID-19 pandemic.

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**Clinical Nutrition & Human Rights:**

## An International Position Paper

**Publication:** Nutr Clin Pract

**Publish Date:** 20 May 2021

**Authors:** Diana Cardenas, Maria Isabel Toulson Davisson Correia, Juan B Ochoa, Gil Hardy, Dolores Rodriguez-Ventimilla, Charles E Bermúdez, Karin Papapietro, Régis Hankard, André Briand, Winai Ungpinitpong, Katerina Mary Zakka, Teresa Pounds, Cristina Cuerda, Rocco Barazzoni

This position paper from The International Working Group for Patients' Right to Nutritional Care presents nutritional care as a human right intrinsically linked to the right to food and the right to health. This position paper advocates that all people should have access to food and evidence-based medical nutrition therapy including artificial nutrition and hydration. As such, the hospitalized malnourished ill should mandatorily have access to screening, diagnosis, and nutritional assessment, with optimal and timely nutritional therapy. However, this right does not imply there is an obligation to feed all patients at any stage of life and at any cost. Application of the human rights-based approach to the field of clinical nutrition will contribute to the construction of a moral, political, and legal focus to the concept of nutritional care.

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## Effect of Nutritional & Physical Exercise Intervention on Hospital Readmission for Patients Aged 65 or Older: A Systematic Review & Meta-Analysis of Randomized Controlled Trials

**Publication:** Int J Behav Nutr Phys Act

**Publish Date:** 10 May 2021

**Authors:** Ellisiv Lærum-Onsager, Marianne Molin, Cecilie Fromholt Olsen, Asta Bye, Jonas Debesay, Christine Hillestad Hestevik, Maria Bjerk, Are Hugo Pripp

The purpose of this systematic review and meta-analysis was to determine the effects of nutritional and physical exercise interventions alone or in combination after hospital admission on the risk of hospital readmission in older adults. A total of 11 randomized controlled studies (five nutritional, five physical exercise and one combined intervention) were included. The results demonstrated that nutritional interventions resulted in a significant reduction in readmissions (RR 0.84; 95% CI 0.70-1.00,  $p = 0.049$ ),

while physical exercise interventions did not reduce readmissions (RR 1.05; 95% CI 0.84-1.31, p-value = 0.662). This publication suggests that nutrition support to optimize energy intake according to patients' needs may reduce the risk of being readmitted to the hospital for people aged 65 years or older.

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## Singapore Multidisciplinary Consensus Recommendations on Muscle Health in Older Adults: Assessment & Multimodal Targeted Intervention Across the Continuum of Care

**Publication:** BMC Geriatr

**Publish Date:** 17 May 2021

**Authors:** Samuel T H Chew, Geetha Kayambu, Charles Chin Han Lew, Tze Pin Ng, Fangyi Ong, Jonathan Tan, Ngiap Chuan Tan, Shuen-Loong Tham

This publication proposes pragmatic evidence-based multidisciplinary consensus recommendations for the assessment and multimodal management of muscle health in older adults ( $\geq 65$  years) across the continuum of care. The recommendations were developed from an in-depth review of published literature by a multidisciplinary working group with clinical experience in the care of the older population in both acute and community settings. These consensus recommendations were reviewed and endorsed by the Society of Rehabilitation Medicine Singapore and the Singapore Nutrition and Dietetics Association, and can provide guidance in the formulation of comprehensive and pragmatic management plans to improve muscle health in older adults in Singapore and Asia.

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## What Are the New Guidelines & Position Papers in Pediatric Nutrition: A 2015-2020 Overview

**Publication:** Clin Nutr ESPEN

**Publish Date:** 1 June 2021

**Authors:** Hojsak I, Chourdakis M, Gerasimidis K, Hulst J, Huysentruyt K, Moreno-Villares JM, Joosten K.

The aim of this overview is to provide the latest information from the past five years, concerning major nutritional recommendations and systematic reviews in children in general and in specific diseases and to discuss progression in the field of pediatric evidence-based nutrition practice. Key tables summarize the most reported nutrition topics in specific diseases and the recommendations for the use of micronutrients, and some remarkable issues that were noticed are discussed.

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# The Effects of Implementation of a Stepwise Algorithmic Protocol for Nutrition Care Process in Gastrointestinal Surgical Children in Pediatric Intensive Care Unit (PICU)

**Publication:** Clinical Nutrition ESPEN

**Publish Date:** 1 June 2021

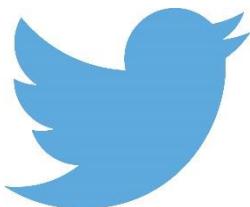
**Authors:** Roudi, Fatemeh; Khademi, Gholamreza; Ranjbar, Golnaz; Pouryazdanpanah, Mahdieh Pahlavani, Naseh ; Boskabady, Abbas ; Sezavar, Majid ; Nematy, Mohsen

This study established a stepwise, practical algorithmic protocol in PICU to provide clear guidance on nutrition support process to medical and nursing staff as well as evaluating its implementation impact on achieving optimal energy and protein delivery in post-gastrointestinal surgery state. Authors concluded the implementation of the algorithm significantly improved the adequacy ratio of energy delivery and decreased the time to achieve the goal in energy and protein intake among critically ill children in post-gastrointestinal state. In this regard, further prospective studies are needed for continuing the evaluation of the algorithm implementation outcomes in critically ill children with different surgical and internal underlying diseases.

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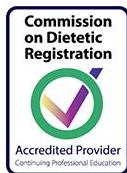
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