

Category :**Nutritional support**

A37 - Nutritional status of covid-19 patients one year post-icu stay

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Introduction:

Our aim was to describe nutritional status (NS) of critically ill COVID-19 patients 1 year post-ICU stay. Malnutrition and weight loss were observed during hospitalization. Post-ICU discharge patients often continue to suffer from physical complaints and poor nutritional intake, which can negatively affect NS.

Methods:

Observational study including adult COVID-19 patients 1 year post-ICU stay. NS assessment (nutrient balance, body composition and physical status) was performed. Nutritional intake (energy and protein), nutrition related complaints and losses were examined. Indirect calorimetry (Q-NRG+) was performed to determine nutritional requirements. Body composition (e.g. fat mass, fat free mass) was measured with bio-electrical impedance analysis (InbodyS10). Fat-free mass index (FFMI) and fat mass index (FMI) were calculated. Physical status was determined with handgrip strength (HGS). Overall values $\leq 10^{\text{th}}$ percentile were considered too low and $\geq 90^{\text{th}}$ too high. Descriptive statistics were used for analysis.

Results:

48 patients were included (72% male; median age 60 years [IQR 52;65]). Median ICU stay was 19 days [IQR 10;30]. Median weight loss during ICU stay was 13% [IQR -10;-16] and 12% of this loss [IQR 7;16] was regained after 1 year. BMI was 26 kg/m² [IQR 23;30] 1 year post-ICU, of which 24% was obese (BMI>30 kg/m²). Normometabolism was predominantly observed (62%), followed by hypermetabolism (30%). Mean nutritional intake was 78% of calculated requirements. Nutrition related complaints occurred in <5% of the patients. Most patients had a high FMI (55%) and minority had low FFMI (35%). Combination of a high FFMI and FMI was present in 17%. Three patients (6%) had low HGS.

Conclusion:

Weight loss was almost fully regained 1 year post-ICU, often in combination with a high fat mass. A minority had low physical function. Whereas reported calculated requirements were not met, lifestyle coaching remains indicated to optimize NS.