

COVID-19 RESPONSE: NUTRITION THERAPY

The COVID-19 pandemic has inundated clinicians and healthcare systems with unprecedented changes and challenges. During the crisis, nutrition care continues to play a critical role, especially with patients in the ICU. B. Braun Medical Inc. is pleased to share this information about the importance of appropriate nutrition in the treatment of COVID-19 patients.

We know that the prevalence of malnutrition is associated with age, and the geriatric population is more at risk (1). ICU survival is linked to malnutrition, and malnutrition is associated with increased risk of mortality (2,3). Notably, nutritional adequacy in the ICU is associated with improved outcomes (4).

One of the growing COVID-19 patient populations that is more at risk for negative outcomes is the elderly population who is frailer with co-morbid conditions. Older patients with co-morbidities are at higher risk of becoming critically ill. Hospitalized COVID-19 patients could endure worsening or newly diagnosed malnutrition. It is recommended that the nutritional status of each infected patient should be evaluated (5). Clinical nutrition practice guidelines in the ICU still apply: provide sufficient calories and protein. Parenteral nutrition (PN) should be started as soon as possible in high-risk patients when enteral nutrition (EN) is not feasible (6).

The Society of Critical Care Medicine (SCCM) and The American Society for Parenteral and Enteral Nutrition (ASPEN) published Guiding Principles for SARS-CoV2 Management (7). Of note, PN will reduce droplet aerosol transmission to healthcare providers by avoiding initial placement and maintenance of an enteral access device. ASPEN recommends limiting the use of pure soybean oil lipid emulsions in the first week of ICU stay and using alternative mixed lipid emulsions. Caution is warranted with the addition of lipid emulsions for patients receiving propofol. The full SCCM / ASPEN document can be accessed at

<https://www.sccm.org/getattachment/Disaster/Nutrition-Therapy-COVID-19-SCCM-ASPEN.pdf?lang=en-US>

It is important not to forget about nutrition therapy during the treatment of COVID-19 patients. B. Braun Medical Inc. and Central Admixture Pharmacy Services (CAPS®) are here to help you and your patients. If you have questions please contact our Medical Affairs staff at (800) 854-6851 or medinfo.us@bbraunusa.com.

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5. Zhang et al. *J Med Virol.* 2020;92:479-490
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