Why is nutritional care important for patients with COVID-19 across the healthcare continuum?

- Prevention, diagnosis and treatment of malnutrition should be routinely included in the management of COVID-19 patients.

Who is impacted?

- Patients: 50% of patients hospitalized with COVID-19 are malnourished.
- Health professionals: Patients in intensive care experience twice as much mortality.
- Medication: Sedation in ICU increases mortality up to 4x.
- Healthcare systems: Reduced physical activity, and in some cases immobility due to bedrest.

Why are patients with COVID-19 at risk of malnutrition?

1. The impact of COVID-19:
   - Somatic stressors affect the patient's daily life activities.
2. The context of the pandemic:
   - Severe inflammation increases nutrient needs and scorchates immune response.

Malnutrition impacts health outcomes and increases healthcare costs

Health Outcomes:
- Compromised immune function and impaired tissue repair.
- Increased complications and delayed recovery.
- Reduced ability to perform daily activities.

Healthcare Costs:
- Increased readmissions and emergency visits.
- Increased length of hospital stay.

Medical nutrition provides nutritional, functional, and clinical benefits throughout the continuum of care:
- Better recovery: improved physical function and fewer complications.
- Improved quality of life.
- Fewer deaths, including for patients with respiratory infections.
- Fewer hospital admissions and shorter hospital stays.

Scientific experts highlight the need to integrate nutritional management in the care of patients with COVID-19:

- Prevention, diagnosis and treatment of malnutrition should be routinely included in the management of COVID-19 patients.

In the hospital

- Early recovery: Nutrition is crucial for patient recovery and return to normal function.
- Nutrition should be provided as early as possible to prevent malnutrition.
- Nutritional assessment should be conducted on admission and every 72 hours.
- Nutritional guidelines should be followed, using evidence-based research.

At home or the community

- Early recovery: Nutritional support should continue at home, using evidence-based guidelines.
- Nutritional assessment should be conducted on admission and every 72 hours.
- Nutritional guidelines should be followed, using evidence-based research.

Call for action to improve patient outcomes:

- Nutrition assessment and treatment/nutritional intervention should be an integral component of care for patients with COVID-19.

References