

# NUTRITIONAL AND FUNCTIONAL STATUS AND HEALTH-RELATED QUALITY OF LIFE OF CRITICALLY ILL COVID-19 SURVIVORS. THE NUTRICOVID STUDY: AN INTERIM ANALYSIS AT 3 MONTHS AFTER HOSPITAL DISCHARGE

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## INTRODUCTION

Prevalence of malnutrition during intensive care unit (ICU) stay can reach to 78%<sup>1</sup>. This has been associated with loss of skeletal muscle mass and function, poor health-related quality of life (HRQoL), disability, and morbidities that can affect individuals even long after their ICU discharge<sup>1,2</sup>. Nevertheless, malnutrition in critically ill COVID-19 patients and its long-term effects are not well known<sup>3</sup>.

## AIM

**NUTRICOVID** study aims to describe the **one-year evolution** of the nutritional, functional status, and HRQoL of COVID-19 survivors after their hospital discharge.

## METHODS

**Multicenter, ambispective, observational** study is being conducted in **16 public hospitals of Madrid** (Spain) with ICU COVID-19 survivors of the first outbreak (March-June 2020).

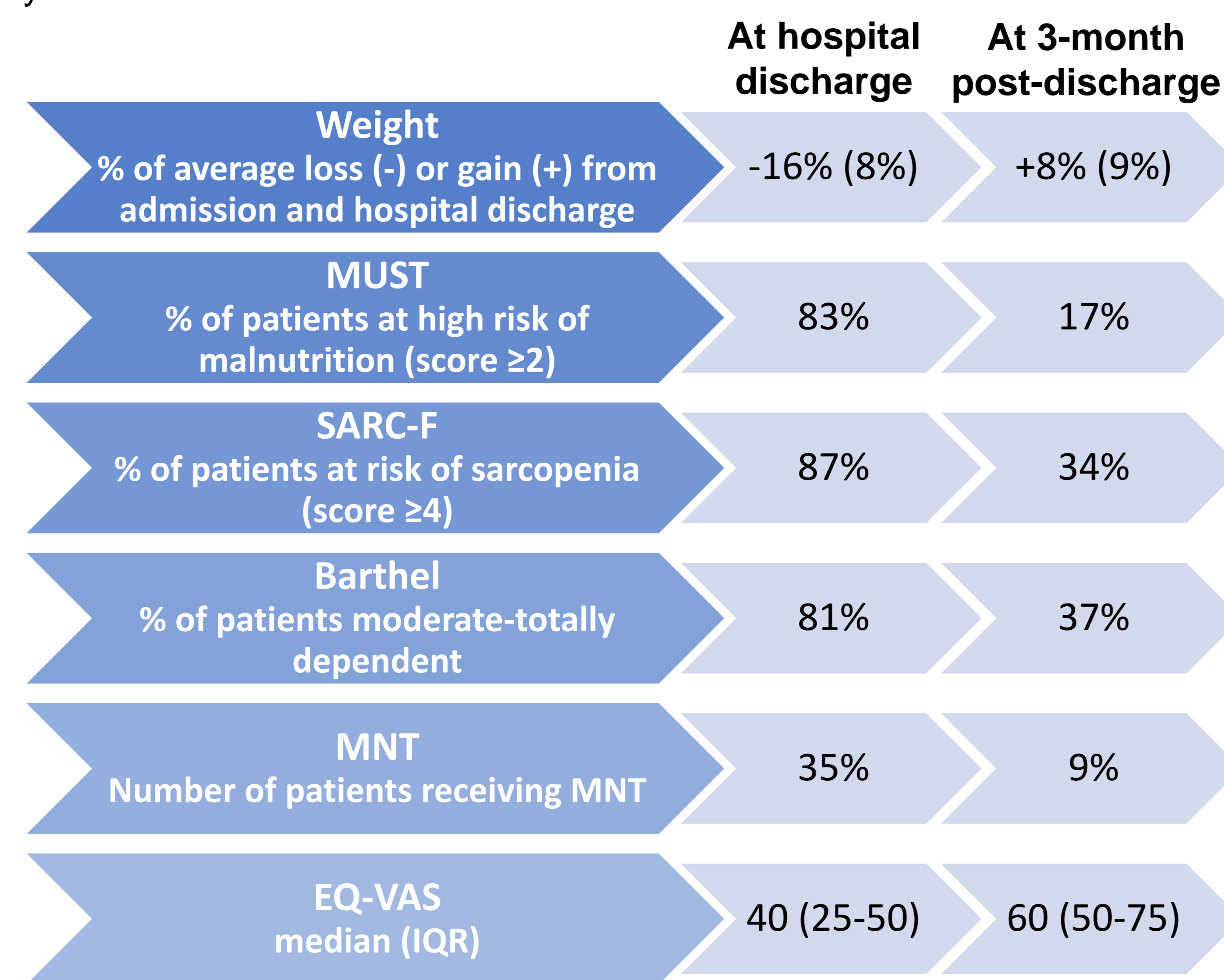
This work presents a descriptive interim analysis **at hospital discharge and at 3 months after discharge**. The following variables were included in the analysis:

- ✓ nutritional status: **weight** and **MUST**,
- ✓ functional status: **SARC-F** and **Barthel**,
- ✓ **medical nutritional treatment** (MNT) prescribed,
- ✓ and **HRQoL** (EQ-5D).

The analysis was performed using STATA v.14.

## RESULTS

A total of 199 patients were included: 70% male, mean age (SD) 61 (10) years.



## CONCLUSIONS

This analysis evidences the **favorable improvement** on the nutritional and functional status and HRQoL experienced in ICU COVID-19 survivors **from hospital discharge to 3 months afterwards**.

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## EQ-5D-5L at hospital discharge (N=178), frequency, % (n)

	No problems	Slight problems	Moderate problems	Severe problems	Unable
Mobility	8.4% (15)	19.7% (35)	<b>27.0% (48)</b>	<b>27.0% (48)</b>	<b>18.0% (32)</b>
Self-care	23.0% (41)	24.7% (44)	<b>21.3% (38)</b>	<b>13.5% (24)</b>	<b>17.4% (31)</b>
Usual activities	5.6% (10)	17.4% (31)	<b>15.7% (28)</b>	<b>18.5% (33)</b>	<b>42.7% (76)</b>
	No pain	Slight pain	Moderate pain	Severe pain	Extreme pain
Pain/discomfort	20.2% (36)	16.3% (29)	<b>33.1% (59)</b>	<b>24.7% (44)</b>	<b>5.6% (10)</b>
	Not anxious	Slightly anxious	Moderately anxious	Severely anxious	Extremely anxious
Anxiety/depression	37.6% (67)	20.2% (36)	<b>20.2% (36)</b>	<b>12.9% (23)</b>	<b>9.0% (16)</b>

## EQ-5D-5L at 3-month visit (N=165), frequency, % (n)

	No problems	Slight problems	Moderate problems	Severe problems	Unable
Mobility	<b>45.5% (75)</b>	<b>29.7% (49)</b>	17.6% (29)	6.1% (10)	1.2% (2)
Self-care	<b>76.4% (126)</b>	<b>12.7% (21)</b>	6.1% (10)	4.2% (7)	0.6% (1)
Usual activities	<b>44.8% (74)</b>	<b>25.5% (42)</b>	15.2% (25)	5.5% (9)	9.1% (15)
	No pain	Slight pain	Moderate pain	Severe pain	Extreme pain
Pain/discomfort	<b>38.2% (63)</b>	<b>26.1% (43)</b>	21.2% (35)	12.1% (20)	2.4% (4)
	Not anxious	Slightly anxious	Moderately anxious	Severely anxious	Extremely anxious
Anxiety/depression	<b>49.1% (81)</b>	<b>26.7% (44)</b>	10.9% (18)	10.3% (17)	3.0% (5)

## REFERENCES

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