

Long-term nutritional, functional status and health-related quality of life of critically ill COVID-19 survivors: one-year follow-up of NUTRICOVID study P430

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INTRODUCTION

Over 70% of patients admitted to intensive care units (ICU) for COVID-19 have survived the acute illness¹. Previous evidence showed a meaningful early improvement of nutritional and functional status and health-related quality of life (HRQoL) in critically ill COVID-19 survivors^{2,3}, however, evidence related to long-term outcomes is limited.

AIM

NUTRICOVID study aimed to describe the **nutritional and functional evolution**, as well as the **HRQoL of COVID-19 survivors over a one-year follow-up period** after hospital discharge.

METHODS

An ambispective observational cohort study was conducted in 16 public hospitals in Madrid (Spain) with ICU COVID-19 survivors.

At hospital discharge and 12 months post-discharge following variables were collected:

- nutritional status (weight and MUST),
- functional status (SARC-F and Barthel),
- prescribed medical nutritional treatment (MNT),
- and HRQoL (EuroQoL-Visual Analog Scale [EQ-VAS]),

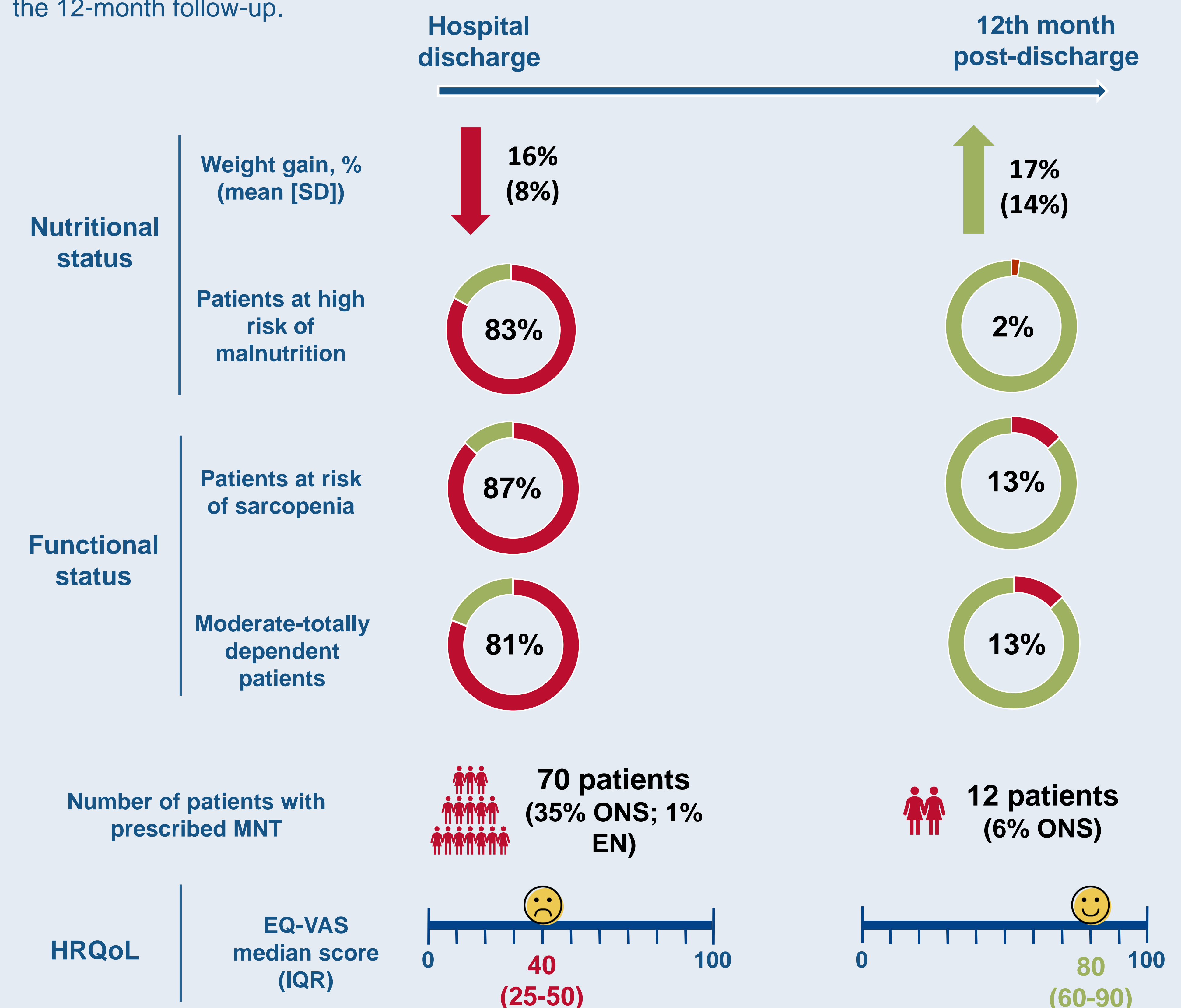
A descriptive analysis was performed with STATA v. 14.

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RESULTS

A total of 199 patients admitted to ICU were included in the study, of which 188 patients completed the 12-month follow-up.



SD, standard deviation; MNT, medical nutritional treatment; ONS, oral nutritional supplement; EN, enteral nutrition; HRQoL, health-related quality of life; EQ-VAS, EuroQoL Visual Analog Scale; IQR, interquartile range

CONCLUSIONS

A 12 months post-discharge ICU COVID-19 survivors showed a significant **improvement** in their nutritional and functional status, as well as their HRQoL.

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