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LONG-TERM NUTRITIONAL, FUNCTIONAL STATUS AND HEALTH-RELATED QUALITY OF LIFE OF CRITICALLY ILL COVID-19 SURVIVORS: ONE-YEAR FOLLOW-UP OF NUTRICOVID STUDY

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Rationale: Over 70% of patients admitted to intensive care units (ICU) for COVID-19 have survived the acute illness. Previous evidence showed a meaningful early improvement of nutritional, functional and health-related quality of life (HRQoL) in critically ill COVID-19 survivors, however, evidence related to long-term outcomes is limited. NUTRICOVID study describes the nutritional and functional evolution of this population over a one-year follow-up period.

Methods: An ambispective observational cohort study was conducted in 16 public hospitals in Madrid (Spain) with ICU COVID-19 survivors. A descriptive analysis of nutritional status (weight and MUST), functional status (SARC-F and Barthel), prescribed medical nutritional treatment (MNT) and HRQoL (EQ-5D) at discharge and 12 months after discharge was conducted. The analysis was performed with STATA v.14.

Results: A total of 199 patients admitted to ICU were included in the study. During hospitalization, patients lost an average (SD) weight of 16% (8%). At discharge, 83% and 87% of patients were at high risk of malnutrition and sarcopenia, 81% were moderate-high dependent, and 70 patients received MNT. The median EQ-VAS (IQR) at discharge was 39 (25-50) points out of 100. 188 patients completed the 12-month follow-up. At 12 months post-discharge, the weight gain was 17% (14%); 2% and 13% of patients were still at high risk of malnutrition and sarcopenia, while 81% were independent. Only 6 patients continued with an MNT. The EQ-VAS improved to 73 (50-75) points.

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

Disclosure of Interest: None Declared

Keywords: Covid-19, Critically ill, nutritional and functional status, Post-ICU nutrition, Quality of life