

## **PREVALENCE OF MALNUTRITION AMONG PATIENTS WITH COVID-19 IN EAST AVENUE MEDICAL CENTER**

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**Background/Objectives:** The ESPEN guidelines highlighted the need for diagnosis and treatment of malnutrition in COVID-19 as it can improve both short and long term outcomes. The study aims to evaluate the prevalence of malnutrition among COVID-19 patients admitted at East Avenue Medical Center.

**Material and Methods:** The study was a prospective cross-sectional study done at East Avenue Medical Center. All patients diagnosed to have COVID-19 were obtained. Subjective Global Assessment and Nutritional Risk Screening were used to assess the prevalence of malnutrition. Mann Whitney U test and Chi square test was used to compare the demographics and nutritional status. Association among variables was assessed using Chi square test or Fisher's exact test. P values  $\leq 0.05$  were considered statistically significant.

**Results:** 86 patients were prospectively enrolled in the study. The overall prevalence of malnutrition was 61.63 % based on NRS and 76.58% (58.14% mild, 17.44% severe) based on SGA. Patients with malnutrition were noted to have a significantly lower weight, BMI, albumin, creatinine and more severe COVID-19 infection. (p value < 0.05). There were no noted associated comorbidities that contribute to malnutrition as well as no association with clinical outcome.

**Conclusions:** In this study, we were noted to demonstrate a high prevalence of malnutrition at 61.63% and 76.58% in COVID-19 inpatients according to NRS and SGA criteria. Considering this high prevalence, nutritional support in COVID-19 care is noted to be an essential element.