

SCREENING OF MALNUTRITION RISK IN AULSS 8 BERICA EMPLOYEES POST SARS COV INFECTION 2.

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BACKGROUND AND AIMS

SARS COV 2 infection can lead to a state of malnutrition in a few weeks, which can have a negative impact on disease outcome. The aim of the survey is to identify in our company those employees who recovered from SARS COV 2 infection but still malnourished or at risk of malnutrition.

METHODS

Telephone survey to all employees recovered from COVID from November 2020 to August 2021. All employees were screened for malnutrition risk (MUST). 1072 employees were contacted: 806 employees agreed to the telephone interview, while 266 refused it. In the presence of MUST equal to one, the employee was offered an outpatient dietary evaluation, while in the presence of MUST equal to 2, after having carried out blood tests, the employees were assessed in a dietary medical examination. In the absence of a risk of malnutrition (MUST 0), no further treatment was carried out.

RESULTS

696 employees were found to be at zero risk, 81 were found to have a MUST of one, 29 were found to have a MUST of two. Anyway among the zero-risk patients 12 required a dietary assessment due to excess weight, metabolic alterations or weight or metabolic changes.

CONCLUSION

The proposal was well received by the interviewed staff. Weight loss is commonly found in patients at medium and high risk of malnutrition, in line with recent evidence that underlines how, not only in the hospital setting but also at home, nutritional management would be useful to improve changes in nutritional status consequent to SARS infection.