Herlev og Gentofte Hospital

NUTRITIONAL STATUS IN PATIENTS ATTENDING INTERNATIONAL LUNG DAY IN A HOSPITAL SETTING

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RATIONALE

International Lung Day is held once a year with the purpose of early diagnosis of lung diseases. To determine the relevance of nutritional counseling on this day we aimed to assess; 1) nutritional status and 2) to which degree nutrition impact symptoms (NIS) were present in this group.

METHODS

A cross-sectional study was performed at Herlev and Gentofte Hospital. Nutritional status was determined by BMI and fat free mass index (FFMI) was measured with a Bioelectrical Impedance (BIA). Depletion was defined by FFMI **<**15 kg/m2 for women and <16 kg/m2 for men. Lung function was measured as FEV1% and lung obstruction was defined as FEV1% < 70%.
NIS was assessed using the Eating Symptoms Questionnaire (ESQ). The Simplified Nutritional Appetite Questionnaire (SNAQ) was used to determine nutritional risk and quality of life was measured using the EQ-5D questionnaire.

RESULTS

In total 102 people were included (W: 65%). The median age was 73 years (IQR 65-77). Lung obstruction was evident in 41%. The median BMI was 24 (IQR 22-27), and 9% of the subjects were underweight (BMI≤20.5). Unintentional weight loss within the last three months was experienced by 15%, and 17% were depleted. According to the SNAQ 22% were at nutritional risk. Participants at risk according to the SNAQ had a significantly lower BMI (p=0.009) and a significantly lower VAS-score from the EQ-5D (p=0.003).
The three most common NIS from the ESQ were; dry mouth (34%), stomach ache (31%), and diarrhea (25%).

Table 1 Description of the participants	n=	
Female, %	66	65
Male, %	36	35
Age, years, mean ± SD	98	71 ± 9
Weight, kg, mean ± SD	101	73 ± 15
BMI, weight/height2, mean ± SD	101	25 ± 4
Fat mass, kg, mean ± SD	99	24 ± 10
Fat free mass, kg, mean ± SD	99	50 ± 11
Fat free mass index, fat free mass/height2, mean ± SD	99	17 ± 2
Muscle mass, mean ± SD	98	27 ± 6
Weightloss, kg, mean ± SD	73	-0.6 ± 2
FEV1%, mean ± SD	51	70 ± 12
FEV1, mean ± SD	51	2 ± 0.7
FVC, mean ± SD	63	3 ± 0.8
Risk SNAQpoint <14, %	101	22
EQ-5D VAS score mean ± SD	101	77 ± 18

Table 1. Results are presented as mean ± SD or %.

Figure 1. The Three most common NIS

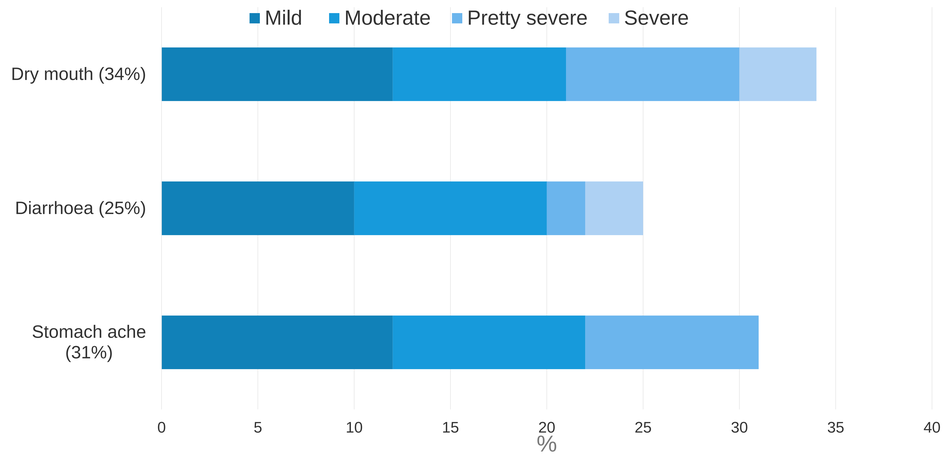

Figure 1. Distribution % of severity in the three most common NIS from the ESQ.

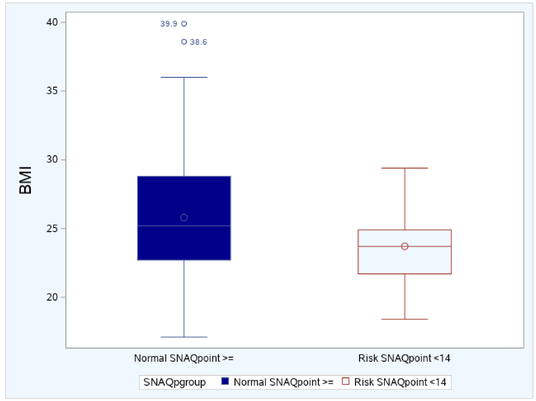

Figure 2. Participants with a SNAQ score < 14 had a significantly lower BMI (p=0.009).

CONCLUSIONS

Participants attending International Lung Day revealed a high prevalence of lung obstruction, nutritional risk and NIS. The presence of clinical dieticians at the International Lung Day is therefore important to identify participants in need of nutritional guidance.

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