

# NutriCovid care: from clinics to practice



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**Background / context:** Faced with the sudden onset of the epidemic linked to the new coronavirus (SARS-CoV-2) responsible

for Covid-19, organizational upheavals linked to the management of the disease occurred. It has led nutritional learned societies to publish expert opinions and recommendations for the nutritional management of Covid-19 patients. France has been strongly affected by COVID-19 (2,400 infected and 450 dead per million), and we have seen severely wasted hospitalized patients with poor/no nutritional care provided, mainly due to the lack of knowledge of the personnel involved in COVID units.

**Rationale for the initiative:** The urgency and the rapid evolution of the disease made many healthcare teams face new and severe clinical features of anosmia, dysgeusia, diarrhea,odynophagia, anorexia... NutriCovid care initiative aims to provide an early and adequate nutritional support that may improve the prognosis through its effects on muscle mass, immune functions and intestinal barrier.

**Objectives, scope and already acquired data:** We are planning on: (1) updating a set of 20 practical worksheets on the nutritional care of COVID-19 patients and of other patients during the pandemic, (2) finishing a multicentric national clinical study (NCT04365816) "NutriCovid30: Evaluation of the impact of the Covid-19 on nutritional status and management in a French cohort of patients 1 month after hospital discharge, in 400 patients", (3) increasing the diffusion among the healthcare professionals and caregiver community.

## Planned activities & deliverables

**(1) Feedback from the field about the usefulness and applicability of the 20 nutritional care practical guidance for the Covid-19 patient : updated set of worksheets.** Online survey in June 2020 to evaluate the usefulness, dissemination and ways for improvement that will allow the writers and reviewers to update the existing material. Version 2 will add prevention and consideration of chronic diseases and the elderly (Planned: on line version in autumn 2020)

**(2) NutriCovid30: presentation and publications.** Finish patient interviews (recruitment from May to end July 2020: to date 250 already included), perform the statistical analysis, present and publish the results (First results expected : autumn 2020)

**(3) NutriCovid Care diffusion:** Ensure a web and social network diffusion and organise webinars

All deliverables will be available in the next 12 months.

## Resources & enablers

Budget needed: (1) Updating of the worksheets by an agency (5,000 €), (2) Centre costs per patient recruited (Grenoble, Lyon, Nancy, Paris, Rennes, Rouen, Toulouse): dietitian time, administrative cost, data manager and statistician (13,000 € needed out of a total budget of 30,000 €), (3) Organisation of lectures and webinars (12,000 €)

**What factors will make it successful?** Starting early March, SFNCM (sfncm.org) has raised awareness about the nutritional implications of COVID-19 among healthcare professionals, by organising a webinar (>1,800 connexions), publishing position papers (>13,000 readers) and 20 practical worksheets, written and reviewed by close to 100 members, on how to provide optimal nutritional care to COVID-19 but also other malnourished patients whose care was at risk due to the pandemic (>30,000 downloads). A recent survey has showed that most nutritional professionals were able to transmit the information to other professionals, thus raising awareness. Therefore, even if most nutrition professionals work outside COVID-19 units, our colleagues are getting convinced of the importance of nutritional care in infected patients.

## Results/outcomes & expected impact

- **How will the findings be implemented?** (3) is the method to implement (1). (2) will be implemented through publications. SFNCM has a network of regional representatives who belong to CLANs (Food-Nutrition Liaison Committees). CLANs are official structures in French hospitals that will facilitate the dissemination through hospitals and nursing homes.
- **How will this project advance patient care / contribute to optimal nutritional care?** By showing and raising awareness about the nutritional consequences of this pandemic, with both scientific results and the know-how for acting upon them.
- **What makes the project innovative?** (1) The full set of 20 practical worksheets is original and (2) to this day there is no published data on the nutritional status of infected patients after hospital discharge.
- **Will the project be likely to influence national nutrition policy?** SFNCM's activities since the start of the pandemic have helped convince healthcare professionals (especially among the unconvinced ones) of the importance of nutritional support and this has led to an increase in pump, tubes and formulae purchases. The project will most likely increase this trend and benefit other patients.
- **Is the project transferable to other settings / countries?** This project is definitely transferrable to all countries, with adjustments based on the legislation of nutritional support and the availability of products. It is valid both for a second wave of COVID-19 but also for future pandemics.