





ANHI April 2025 Nutrition Research Review

Cost Saving Analysis of an Enhanced Recovery After Surgery (ERAS) Program for Elective Colorectal Surgery in an ERAS Qualified and Training Center

Publication: World Journal of Surgery
Publish Date: April 2025
Authors: Bertocchi E, Brunelli D, Squaranti T, Campagnola D, Camparsi S, Tessari R,
Menestrina N, Gentile I, Sanfilippo L, De Santis N, Guerriero M, Ruffo G

SUMMARY

The cost-saving potential of an Enhanced Recovery After Surgery (ERAS) program for elective colorectal surgery in an Italian ERAS Qualified and Training Center was evaluated. Patients undergoing colorectal surgery were managed with either the ERAS protocol or standard care. The ERAS group incurred higher preoperative costs but achieved significant overall savings due to reduced postoperative complications, shorter hospital stays, and more efficient use of medications and blood transfusions. High compliance with the ERAS protocol was associated with improved patient outcomes and lower total costs. These findings highlight the economic and clinical benefits of ERAS, demonstrating its value in optimizing perioperative care and enhancing recovery while reducing healthcare expenses.



The Impact of Dietary Counseling on the Nutritional Status of Pediatric Patients with Non-IgE-Mediated Gastrointestinal Food Allergies: A Non-Randomized, Prospective Intervention Study

Publication: Nutrients
Publish Date: December 2024
Authors: Coppola S, Carucci L, Agizza A, Nocerino R, Carandente R, Catalano MF, Berni Canani R

SUMMARY

This study examined the impact of dietary counseling on the nutritional status of pediatric patients with non-IgE-mediated gastrointestinal food allergies (non-IgE-GIFAs). In this non-randomized, prospective intervention study, 100 newly diagnosed patients (58% male, mean age 8.5 months) received dietary counseling from certified pediatric dietitians. Nutritional status was assessed at diagnosis and after 12 months (T12). The non-IgE-GIFAs phenotypes included food protein-induced enteropathy (44%), enterocolitis syndrome (11%), allergic proctocolitis (17%), and motility disorders (28%). At diagnosis, 1% were obese, 5% overweight, 7% moderately underweight, 1% severely underweight, 7% moderately stunted, 16% moderately wasted, and 4% severely wasted. After 12 months, improvements in anthropometric parameters were observed, with a reduction in malnutrition by excess (6% to 2%) and undernutrition (26% to 3%, p < 0.001). Dietary counseling appears to be an effective strategy for managing nutritional alterations in pediatric patients with non-IgE-GIFAs.



Recognizing Malnutrition in Adults with Critical Illness: Guidance Statements from the Global Leadership Initiative on Malnutrition

Publication: Journal of Parenteral and Enteral Nutrition
Publish Date: March 2025
Authors: Compher CW, Fukushima R, Correia MITD, Gonzalez MC, McKeever L, Nakamura K, Lee ZY, Patel JJ, Singer P, Stoppe C, Ayala JC, Barazzoni R, Berger MM, Cederholm T, Chittawatanarat K, Cotoia A, Lopez-Delgado JC, Earthman CP, Elke G, Hartl W, Hasan MS, Higashibeppu N, Jensen GL, Lambell KJ, Lew CCH, Mechanick JI, Mourtzakis M, Nogales GCC, Oshima T, Peterson SJ, Rice TW, Rosenfeld R, Sheean P, Silva FM, Tah PC, Uyar M

SUMMARY

The Global Leadership Initiative on Malnutrition (GLIM) convened a panel of nutrition experts to developed consensus-based guidance statements to identify malnutrition in critically ill adults. Four statements were generated using a modified Delphi process with a priori consensus threshold for acceptance of 75% agree/strongly agree for the purposes of:

Statement 1. Identifying pre-existing malnutrition at ICU admission

Statement 2. Identifying the development and progression of malnutrition during the ICU stay

Statement 3. Identifying progressive loss of muscle mass

Statement 4. Identifying the development and progression of malnutrition before and after ICU discharge

Statements are found in the article with further information and rationale.



Early Predictors of Induction of Remission with Exclusive Enteral Nutrition in Children with Crohn's Disease

Publication: BMC Pediatrics Publish Date: March 2025 Authors: Hu Y, Lv Y, Lou J, Luo Y, Yang G, Liu Y, Zhou J, Zhen C, Yu J, Fang Y, Zhao H, Peng K, Ni Y, Chen J

SUMMARY

Exclusive enteral nutrition (EEN) is effective for inducing clinical remission (CR) and mucosal healing (MH) in children with mild to moderate Crohn's disease (CD). Identifying early predictors of EEN response remains a challenge. CD patients diagnosed between 2015 and 2024 were divided into training and validation cohorts. Baseline clinical and laboratory variables were analyzed to assess their association with CR and MH after 8 weeks of EEN. Significant variables were identified through univariate analysis and correlation tests, then included in stepwise logistic regression to develop predictive models for CR and MH. Model performance was evaluated using ROC curves.

The study included 56 patients in the derivation cohort and 28 in the validation cohort. The CR model achieved an AUC of 0.93 (95% CI 0.87-1.00) in the derivation cohort and 0.82 (95% CI 0.62-1.02) in the validation cohort. Higher baseline levels of IBIL (> 4.95 μ mol/L), CD3 (> 76.78%), and iron (> 9.025 mmol/L) were linked to lower CR rates. The MH model had an AUC of 0.87 (95% CI 0.73-1.00) in the derivation cohort and 0.66 (95% CI 0.43-0.89) in the validation cohort. Higher IL-10 (> 4.35 μ mol/L) and RDW (> 14.55%) were associated with lower MH rates.

IBIL, CD3, and iron levels are reliable predictors of CR induction with EEN, while IL-10 and RDW are early predictors of MH.



Vitamin D and Clinical Outcomes in Head and Neck Cancer: A Systematic Review

Publication: Nutrients Publish Date: March 2025 Authors: Mot CI, Horhat DI, Balica NC, Hirtie B, Varga NI, Prodan-Barbulescu C, Alexandru A, Ciurariu E, Galis R

SUMMARY

This systematic review investigated the impact of vitamin D on clinical outcomes in patients with head and neck cancer. Studies included adults diagnosed with head and neck malignancies and found that vitamin D deficiency is highly prevalent among HNC patients (47 – 95%). Higher vitamin D levels were associated with improved survival rates, reduced tumor recurrence, and better response to treatments like radiotherapy and chemotherapy. Supplemented patients also exhibited fewer treatment-related complications and enhanced quality of life.



A Central Role of Nutrition in Cognitive Function Among Primary School Children: A Cross-Sectional Analysis

Publication: BMC Nutrition
Publish Date: February 2025
Authors: Samigullin A, Gählert J, Groß G, Morcos M, Schwertz R, Öste R, Siegel E, Humpert P

SUMMARY

This study explored the impact of weight status and dietary habits on cognitive function in primary school children, considering socio-economic factors and parental anthropometrics. From October 2021 to July 2022, 256 children (mean age

8.0 years) in the Rhein-Neckar region, Germany, underwent anthropometric measurements, cognitive testing, and short interviews. Cognitive tests included the PSYTEST KiTap battery and a short-term memory assessment. Parents provided data on physical activity, SES, and nutrition. Results showed 16% of children were underweight, 75% normal weight, 5% overweight, and 5% obese. Cognitive performance was average for age and sex, with no significant correlations between anthropometric variables and cognitive domains. However, cognition was linked to nutrition, physical activity, and SES, with the strongest associations between reaction time in the flexibility task and fat consumption (R -0.35, p < 0.001), total kilocalories (R -0.30, p < 0.001), and protein (R -0.30, p < 0.001). The study highlights the importance of nutrition for cognitive function and suggests including nutrition in studies on cognitive performance and body weight in children.



An Overview of Sarcopenia: Focusing on Nutritional Treatment Approaches

Publication: Nutrients Publish Date: April 2025 Authors: Barone M, Baccaro P, Molfino A

SUMMARY

This narrative review delves into sarcopenia, a condition marked by age-related muscle loss. It thoroughly examines the causes of primary and secondary sarcopenia, highlights effective nutritional interventions, and provides practical solutions to improve muscle health and functional outcomes in aging populations.



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