

Clinical Nutrition Highlights

eNewsletter



Resources for nutritional management of patients with COVID-19

INTRODUCTION

Dietitians are playing an important role in the response to COVID-19¹.

The physiological effects of the SARS-CoV-2 infection on the body, the effects of management strategies or the restricted physical access to health care can have an impact on nutrition habits and the patient's health status^{2,3}.

Poor nutrition can compromise immune function and increase overall infection risk. During the pandemic, health professionals must take care of the nutritional status of their patients, reminding them that eating properly, staying hydrated, thinking positively, and staying active will contribute to both physical and mental wellbeing³.

From the front line in critical care to helping identify people at risk, supporting vulnerable population groups in the community, raising awareness of public health issues, and tackling harmful myths, dietitians are playing an important role in the response to COVID-19¹.



AIM

This issue offers **some of the most relevant Dietary Guidelines and key Nutritional Recommendations** published by **Associations of Dietitians** on COVID-19.

DIETARY GUIDELINES AND NUTRITIONAL RECOMMENDATIONS PUBLISHED BY ASSOCIATIONS OF DIETITIANS



The European Federation of the Associations of Dietitians (EFAD)

COVID-19 Information on Nutritional Support

Continually updated

Resources to help dietitians, and other health professionals, to offer optimal nutritional support to patients with COVID-19 virus (public health nutrition advice, critical care, rehabilitation, policies for dietitians, etc.).

[See Publication](#)

The British Dietetic Association (BDA)

COVID-19 / Coronavirus - Advice for the general public

May 2020

Advice for the general public on questions about nutrition and dietary issues related to the COVID-19 / Coronavirus pandemic. Includes the topics of supplements, malnutrition or comorbidities, among others.

[See Publication](#)

COVID-19 / Coronavirus Clinical Guidance

March 2020

Clinical guidance and recommendations in a range of areas to support dietitians working to tackle the COVID-19 pandemic. Topics covered: COVID-19 discharge pathway, nutritional management of non-ICU patients, malnutrition pathway, eating problems after critical illness, Bolus Enteral Feeding, etc.

[See Publication](#)

Tips for prescribing oral nutritional supplements and enteral feeds in the community for adults and paediatrics

April 2020

Advice from the BDA Optimizing Nutrition Prescribing Group on how to make best use of ONS and Enteral feeds in community settings during the COVID-19 crisis.

[See Publication](#)

Academy on Nutrition and Dietetics (eatright)

Professional Resource Hub in COVID-19

Resources, Q&As and Webinars for healthcare professionals offering science-based information for food and nutrition practitioners to address preparedness, patient care and food safety and access.

[See Publication](#)

Canadian Nutrition Society (CNS)

COVID-19 and Nutrition

Infographics on COVID-19 that provide guidance on how to stay strong and healthy through good nutrition to help patients and their families, and nutrition clinicians. It includes nutritional recommendations after being in the hospital or in the ICU with COVID-19.

[See Infographic 1](#)

[See Infographic 2](#)

[See Infographic 3](#)

Dietitians Association of Australia (DAA)

Nutritional tips and advice during COVID-19

Nutritional recommendations for the general public to tackle the COVID-19 pandemic.

[See Publication](#)

International Committee of Nutrition Experts (CIENUT)

Posición de expertos sobre el manejo nutricional del coronavirus COVID-19

April 2020

General Councils of Dietitians-Nutritionists of Latin-America have developed a position of experts on the Nutritional Management of COVID-19 in the hospital field.

[See Publication](#)

Asociación Argentina de Dietistas y Nutricionistas dietistas (AADYND)

Manejo nutricional en residencias geriátricas en el contexto COVID-19

May 2020

This document was developed to offer recommendations on goods reception, management of kitchen staff and caregivers, food service, meal plan and clinical nutritional managements in elderly people in nursing homes with COVID-19.

[See Publication](#)

Protocolo de atención en el consultorio nutricional en el contexto COVID 19 con consentimiento informado

May 2020

The purpose of this document is to provide a protocol to dietetic practitioners for ambulatory nutritional care of children, adolescents, and adults with COVID-19.

[See Publication](#)

Associação Brasileira de Nutricionistas (ABN)

Guia para uma alimentação saudável em tempos COVID-19.

March 2020

This guidance aims to inform the population, in a practical way and with easily understandable language, about the need for adoption good eating habits in this pandemic situation.

[See Publication](#)

Turkish Dietetics Association (TDA)

Turkish Dietetic Association's Recommendations on Nutrition and COVID-19

Recommendations on nutrition and COVID-19 for health professionals and food service systems. Advice regarding clinical nutrition therapy including nutrition support.

[See Publication](#)

Hungarian Dietetic Association (MDSZ)

Coronavirus nutrition guide

Infographics with tips on nutrition and COVID-19 for the general public (food stock, shelf-life, food safety or nutritional supplements, among others).

[See Infographic 1](#)

[See Infographic 2](#)

[See Infographic 3](#)

The Association for Dietetics in South Africa (ADSA)

National COVID-19 Restrictions Alert Level 3 – Implications for the Dietitian

June 2020

Guidance on the implications for the dietitian as the country shifted from Alert Level 4 to Alert Level 3, as well as links to important documents on safety at work and self-care resources.

[See Publication](#)

Société Francophone Nutrition Clinique et Métabolisme (CFNCM)

20 fiches pratiques Covid 19

April 2020

Practical tips on clinical nutrition for healthcare professionals and carers throughout the entire COVID-19 patient journey.

[See Publication](#)

Association Française des Diététiciens Nutritionnistes (AFDN)

Comment bien s'alimenter en période de confinement?

Compilation of some of the media articles where Accredited Practicing Dietitians (APDs) have been providing their top tips about food and nutrition during the coronavirus pandemic.

[See Publication](#)

Academia de Nutrición y Dietética

Recomendaciones de alimentación y nutrición para la población española ante la crisis sanitaria del COVID-19

Continually updated

Recommendations on nutrition for the general public at the COVID-19 era covering topics as patients with severe and mild disease, food safety, remote healthcare, etc.

[See Publication](#)

Suplementación con Vitamina D durante el distanciamiento social por la crisis sanitaria del COVID19. Postura de la Academia Española de Nutrición y Dietética y del Consejo General de Colegios Oficiales de Dietistas-Nutricionistas

April 2020

Document on Vitamin D supplementation during social estrangement by COVID-19.

[See Publication](#)

The Belgium Dietetic Associations (VBVD)

The consequences of COVID-19

June 2020

Together with VVKVM and UPDLF a letter was written to the ministers explaining the role of dietitians in combating COVID-19. A press release was also published identifying the consequences of the COVID-19 and the need for dietetic input to support both over- and under-nutrition.

[See Publication](#)

Dutch Dietetic Association (NVD)

NVD Dossier: Coronavirus

May 2020

A compilation of clinical guidance based on local clinical experience and supporting documents that answer the questions of dietitians involved in the COVID-19 pandemic. Topics are divided into 6 categories: Patient care; Safety of the dietitian and patient; Financial consequences; Nutritional guidelines; Network of COVID-19 dietitians; Returning to work; etc.

[See Publication](#)

Associazione Nazionale Dietisti (ANDID)

L'assistenza nutrizionale nei pazienti ospedalizzati SARS-COV-2 positivi

March 2020

Practical guidance for nutritional assistance to people with Sars-Cov-2 and applicants for hospital assistance, based on scientific evidence and skills of doctors and dietitians involved in the nutritional management in COVID-19+.

[See Publication](#)

The VDD - German Association of Dietitians (VDD)

Guidelines and Recommendation for Nutritional Management in COVID-19

Continually updated

Compilation of clinical procedures for patients with COVID-19.

[See Publication](#)

REFERENCES

1. Role of Dietitians in the fight against COVID-19. EFAD Briefing Paper. [Accessed July 2020]. Available at: <http://www.efad.org/media/1985/role-of-dietitians-in-the-fight-against-covid19-efad-briefing-paper-may-2020.pdf>.
2. COVID-19 / Coronavirus - Advice for Dietitians [Internet]. The British Dietetic Association (BDA). [Accessed July 2020]. Available at: <https://www.bda.uk.com/resource/covid-19-coronavirus.html>.
3. Combating COVID-19 [Internet]. NNEdPro Global Centre for Nutrition and Health [Accessed July 2020]. Available at: <https://www.nnedpro.org.uk/post/combating-covid-19>.