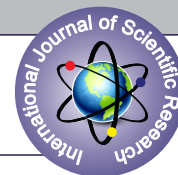


NUTRITION & HYDRATION IN COVID 19 : MUCH NEGLECTED TOPIC IN COVID 19 TREATMENT DISCUSSION.



General Medicine

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KEYWORDS

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people and those with underlying co-morbidities like ischemic disease, diabetes, hypertension, chronic respiratory disease, and cancer are more likely to develop serious illness.

Lot of discussion about drug treatment is available, type of testing, recovery rate, success stories in Covid 19 are being heard about but very less is heard about what should be the nutrition & hydration status for these Covid 19 patients.

Good nutrition and hydration are very important. People who eat a well-balanced diet are likely to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. So eating a variety of fresh and unprocessed foods every day is important to get the vitamins, minerals, dietary fibre, protein and antioxidants which needed by the body.. Drinking enough water..Avoiding sugar, fat and salt can significantly lower the risk of overweight, obesity, heart disease, stroke, diabetes and certain types of cancer.

Why Nutrition & Hydration Is So Important :

1. Important symptom of Covid 19 is loss of taste & loss of appetite, due to this patients don't eat food, don't drink adequate water leading to further dehydration & weakness.
2. Isolation of patients from healthy family members results in further display lack of interest in hospital food.
3. Elderly patients are worst affected as they don't have enough strength to eat by themselves.
4. Patient care staff at times might not able to cater to these patients & feed them.
5. Many develop Glossitis as a part of viral illness , so they cant eat food. Food appears spicy to this patients.
6. Since there is loss or change of taste , many patients complain food as salty. So they eat less of food.
7. Covid patient who are on antiviral like Favipiravir, Remdesevir can have deranged liver function test causing more nausea, vomiting & difficult to further eat & drink.
8. Patients who are hypoxic & are on non invasive ventilation find difficult to eat or drink because the moment NIV is disconnected they start desaturating so with that fear the patient prefers not the eat.
9. Many patients, also may be taking alternative medicines like Ayurvedic Kadha which contains spices & herbs to increase their immunity, many weeks prior to admission, as a result they get severe gastritis & are unable eat or drink.
10. Drug treatments like Doxycycline, Hydroxychloroquine, Ivermectin all prone to cause gastritis affecting nutrition of the patients.
11. Loose motion being one of the symptom of Covid 19, with patients fear stomach upset and loose motions, hence so they stop eating.
12. Patients getting very high grade fever spikes, lead to lot of sweating, if this fluid loss is not compensated by extra fluid intake than they are prone to dehydration & further causing deterioration in their condition.
13. Since these patients are on steroids as part of treatment, diabetic patients can go in to diabetic ketoacidosis, if their sugars are not monitored & well controlled, leading to dehydration.

All this hurdles in maintaining a good nutrition & hydration of the patients can be overcome by proper counseling of the patients & their relatives. In last few months, people have heard a lot of negative things about Covid 19 & its death rate , but the key to success is increasing

awareness among the normal population ,early diagnosis of cases, picking up mildly symptomatic cases early , treating them early & to prevent progression of illness by aggressive monitoring & treatment . To achieve all this, a well balanced nutritious diet & adequate hydration plays a significant role in increasing recovery rate of infected Covid patients.

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