



ABSTRACT

How to maintain home nutrition therapy after recovery from COVID-19

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Nutrition Battling on Pandemic COVID-19: How to Survive

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Going back home as a COVID-19 survivor is a grateful and delightful time. But, process of recovering to the normal condition is also very important. Survivor patients must receive good nutrition, quality sleep, and not less important is physical activity.

Survivor patients need enough calories and protein to replace their body weight and protein lost during hospitalized. Especially for COVID-19 patients who were admitted to the ICU often longer than ordinary pneumonia cases, up to 2-3 weeks, followed by severe weight lost. Some nutrition problem that could be found i.e. poor appetite, fatigue, or feeling full quickly. By eating small frequent meals, 4-6 times/day or every couple of hours, it is possible to increase nutrition intake. Oral Nutritional Supplements (ONS) 2-3 times a day has beneficial for individuals who are unable to reach their nutritional needs with oral diet alone. Multivitamin supplements may be considered if calorie intake is less than 50%. Drinking 8-10 glasses of liquid per day, includes water, milk, juice, and ONS, will prevent dehydration and maintain a good metabolism. It is recommended to speak to a clinical nutrition advisor/dietitian and a physiotherapist in the first week after discharge from hospital.

Keywords: COVID-19, recovery, home nutrition therapy

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