



ABSTRACT

## Feeding critically ill post Covid-19 patients

Niken Puruhita<sup>1</sup>

<sup>1.</sup> Faculty of Medicine, Diponegoro University, dr. Kariadi Hospital, Semarang Indonesia.

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The number of patients with Covid-19 is decreasing since the last couple months in Indonesia, however, the number of discharged Covid-19 patients in regular ICU is steeply increased. There has been no report of magnitude of this problem, but a study reported 34,9% of their subjects continued to stay in ICU due to the need for mechanical ventilator support. These group of patients experienced varied signs and symptoms similar to acute Covid-19 patients although the result of PCR tests have been negative. Post Covid-19 patients in ICU need various respiratory and hemodynamic supports and yet, some of them had worsen condition. Aging, prior comorbidities and complication of Covid-19 disease were some of the observed causes. The mortality rate of these patients in ICU were high despite rigorous effort made.

Currently, there has been no nutritional therapy guideline available for discharged Covid-19 patients in ICU. Only a small study which was carried in post Covid-19 patients in ICU reported the resting energy expenditure recorded were 20 kcal/kg/day. These number is similar with nutrition therapy recommendations for acute phase critically ill patients provided by ESPEN. Macro- and micronutrients requirements for these patients is also unknown. We presented our experience in treating post Covid-19 patients in regular ICU of dr. Kariadi hospital, Semarang. Due to limited available guideline, we use nutrition therapy guideline for acute phase critically ill patients. Based on thorough nutritional assessment, a diet modification including consistency and route of administration then be determined. In most cases, oral nutrition support is of important to reach daily energy intake and parenteral nutrition is administered when enteral access is failed.

**Keywords:** critical ill nutrition, post covid-19, nutrition therapy

#### Corresponding author:

dr. Niken Puruhita, M.Med, Sc, Sp. GK(K)  
Faculty of Medicine Diponegoro University, dr. Kariadi  
Hospital  
Semarang, Indonesia  
Email: [nsetiyadi3004@yahoo.com](mailto:nsetiyadi3004@yahoo.com)