NUTRITIONAL STATUS, COVID-19 PROGNOSIS AND HEMODIALYSIS PATIENTS

Dear Editor,

We would like to discuss "Nutritional status and its relationship with COVID-19 prognosis in hemodialysis patients (1)". The purpose of this study was to characterize the nutritional status of COVID-19 patients receiving long-term hemodialysis (HD) treatment and to investigate any possible prognostic relationships. The research employed a retrospective observational design, encompassing all COVID-19 instances among patients receiving long-term care at a particular Spanish hospital unit. Of the 189 individuals who were investigated, 22 patients (12 %) received a COVID-19 diagnosis during the study period. The patients had a mean age of 71 years, were mostly male, and had concomitant conditions like diabetes *mellitus*.

The study's findings demonstrated that the serum levels of ferritin and triglycerides in the survivors and the dead patients differed significantly. It is necessary to recognize the limitations of the study, though. First off, the results may not have been as broadly applicable due to the tiny sample size. Furthermore, bias and confounding variables that were not taken into consideration during the analysis might have been introduced by the study's retrospective methodology. Moreover, the research failed to include possible modifications in dietary status or therapeutic approaches throughout the COVID-19 infection, which would have affected the results.

Larger, prospective studies that are better able to determine the relationship between nutritional state and prognosis in COVID-19 patients on chronic HD treatment should be the main emphasis of future research in this field. The significance of diet in treating COVID-19 in this patient population would be better understood by longitudinal studies that monitor changes in nutritional indicators over time and their effect on outcomes. Studies should also take into account other variables that may also affect the prognosis of COVID-19 in individuals receiving long-term HD treatment, such as socioeconomic status, access to healthcare, and adherence to treatment regimens.

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REFERENCE

1. Bersano-Reyes PA, Nieto G, Cana-Poyatos A, Guerrero Sanz P, García-Maset R, García-Testal A. Nutritional status and its relationship with COVID-19 prognosis in hemodialysis patients. Nutr Hosp 2024. DOI: 10.20960/nh.04850