

O3_A2_A_Scientific Evidence

PERFORMING THE BEDRIDDEN PATIENT'S NUTRITION

Q3	Is nutrition in terminal ill patient indicated?
Patients	Patients elderly and/or frail and/or end of life indications in a palliative facility Frail, aged, end of life adults
Intervention	Nutrition
Comparator	Avoid nutrition
Outcome	Core outcome measures: Complication rate Quality of life
Methodology	Systematic reviews Randomized controlled trials Cohort studies Registry studies
Extra	None

Studies:

One systematic review was found regarding oral nutrition in terminally ill patients [1].

Supportive care guidelines from NCCN (National Comprehensive Cancer Network) were found [2].

Recommendations:

Oral nutrition in terminally ill patients has shown to improve some aspects of quality of life in malnourished patients or patients at nutritional risk, without having any impact on mortality [1].

Current NCCN guidelines [2] do not recommend oral nutrition in terminally ill patients, as it has not been proved to improve survival. In these cases, parenteral nutrition can be an option.

Conclusions:

We endorse the recommendations of the guidelines.

References:

1. Baldwin C, Spiro A, Ahern R, Emery PW. 2012. Oral nutritional interventions in malnourished patients with cancer: a systematic review and meta-analysis. J Natl Cancer Inst 104:371–385.
2. NCCN Clinical Practice Guidelines in Oncology - Palliative care, version 1.2016, 11/17/15