



Áhrif næringardrykkja í samanburði við orku- og próteinríkar millimáltíðir á lífsgæði, líkamsþyngd og hreyfifærni hjá sjúklingum með langvinna lungnaþembu: slembidreifð íhlutunarrannsókn.

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HÁSKÓLI ÍSLANDS

MATVÆLA- OG NÆRINGARFRÆÐIDEILD



Næringarmeðferð vannærðra COPD sjúklinga

[Cochrane Database Syst Rev](#), 2002;(1):CD000998.

Nutritional supplementation for stable chronic obstructive pulmonary disease.

[Ferreira IM¹](#), [Brooks D](#), [Lacasse Y](#), [Goldstein RS](#), [White J](#).

MAIN RESULTS: From 272 references, nine RCTs were ultimately included. Six papers were considered as high quality and only two studies were double-blinded. For each of the outcomes studied, the effect of nutritional support was small: the 95% confidence intervals around the pooled effect sizes all included zero. The effect of nutritional support was homogeneous across studies. An additional search conducted in August 2001 did not identify further studies.

REVIEWER'S CONCLUSIONS: Nutritional support had no significant effect on anthropometric measures, lung function or exercise capacity in patients with stable COPD.

[Cochrane Database Syst Rev](#), 2005 Apr 18;(2):CD000998.

Nutritional supplementation for stable chronic obstructive pulmonary disease.

[Ferreira IM¹](#), [Brooks D](#), [Lacasse Y](#), [Goldstein RS](#), [White J](#).

MAIN RESULTS: Eleven studies recruiting 352 participants met the inclusion criteria. Eight papers were considered as high quality. Two studies were double-blinded. For each of the outcomes studied, the effect of nutritional support was small: the 95% confidence intervals around the pooled effect sizes all included zero. The effect of nutritional support was homogeneous across studies.

AUTHORS' CONCLUSIONS: Nutritional support had no significant effect on anthropometric measures, lung function or exercise capacity in patients with stable COPD.



HÁSKÓLI ÍSLANDS

MATVÆLA- OG NÆRINGARFRÆÐIDEILD



Systematic review and meta-analysis

Respirology 2013 May;18(4):616-29. doi: 10.1111/resp.12070.

Nutritional support and functional capacity in chronic obstructive pulmonary disease: a systematic review and meta-analysis.

Collins PF¹, Elia M, Stratton RJ.

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Abstract

Currently, there is confusion about the value of using nutritional support to treat malnutrition and improve functional outcomes in chronic obstructive pulmonary disease (COPD). This systematic review and meta-analysis of randomized, controlled trials (RCT) aimed to clarify the effectiveness of nutritional support in improving functional outcomes in COPD. A systematic review identified 12 RCT (n = 448) in stable COPD patients investigating the effects of nutritional support (dietary advice (1 RCT), oral nutritional supplements (10 RCT), enteral tube feeding (1 RCT)) versus control on functional outcomes. Meta-analysis of the changes induced by intervention found that while respiratory function (forced expiratory volume in 1 s, lung capacity, blood gases) was unresponsive to nutritional support, both inspiratory and expiratory muscle strength (maximal inspiratory mouth pressure +3.86 standard error (SE) 1.89 cm H₂O, P = 0.041; maximal expiratory mouth pressure +11.85 SE 5.54 cm H₂O, P = 0.032) and handgrip strength (+1.35 SE 0.69 kg, P = 0.05) were significantly improved and associated with weight gains of ≥2 kg. Nutritional support produced significant improvements in quality of life in some trials, although meta-analysis was not possible. It also led to improved exercise performance and enhancement of exercise rehabilitation programmes. This systematic review and meta-analysis demonstrates that nutritional support in COPD results in significant improvements in a number of clinically relevant functional outcomes, complementing a previous review showing improvements in nutritional intake and weight.

Engar rannsóknir verið gerðar á vannærðum COPD sjúklingum, sem bera saman næringardrykki og hefðbundinn mat (millimáltíðir)





Markmið

- að bera saman tvær mismunandi næringaríhlutanir
 - hjá vannærðum sjúklingum með langvinna lungnaþembu (e. *chronic obstructive pulmonary disease*, COPD) sem koma inn á lungnadeild LSH
 - Hópur 1: fær næringardrykki (ONS, e. *ready-to drink supplement*)
 - Hópur 2: fær orku- og próteinríkar millimáltíðir





Vísindalegt gildi

- Árangur þess að nota tilbúna næringardrykki og hefðbundinn mat (ódyrari meðferð) sem næringarmeðferð fyrir vannærða COPD sjúklinga hefur aldrei verið borinn saman í íhlutandi rannsókn áður.
- Niðurstöðurnar munu gefa mikilvægar upplýsingar sem gætu nýst til að bæta næringarmeðferð vannærða sjúklinga innan spítala og eftir útskrift

