

# Evaluation of Malnutrition Risk in Lung Transplant Candidates Using the Nutritional Risk Index (NRI)

- Lung transplant (LTx) candidates are at increased risk of malnutrition given risk factors such as older age and comorbidities



- **Hypothesis:** High malnutrition risk will be associated with increased pre- and post-LTx morbidity and mortality

- **Retrospective single-center cohort** study (2014-2015)



- **247** LTx candidates (59 years; 57% M) evaluated by a dietitian
- **88%** Non-Cystic Fibrosis (CF)



**High Malnutrition Risk Defined:**  
**NRI (Lowest Quartile) =**  $(1.519 \times \text{albumin}) + (41.7 \times \text{current weight/ideal weight})$

- **CF candidates** had **lower NRI** than non-CF patients ( $95 \pm 12$  vs.  $109 \pm 11$ ,  $p < 0.0001$ )



**86%** of high malnutrition risk LTx candidates **maintained/ gained** ( $\geq 5\%$ ) body weight pre-transplant with NRI not associated with pre-LTx outcomes

- In **196** LTx recipients malnutrition risk was **not** prognostic of LTx outcomes:
  - Hospital Stay
  - Discharge Disposition
  - 1-year mortality



- High malnutrition risk recipients had **comparable or greater** weight gain in the first-year post-LTx compared to low risk group



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