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EFFECTIVENESS OF USAGE OF PRODUCTS FOR SPECIAL MEDICAL PURPOSES IN CHILDREN WITH SARS-COV-2 INFECTION

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Objectives and Study: SARS-CoV-2-infection in children leads to loss of appetite, gastrointestinal disorders, dehydration, energy neuropathy. **The aim** is to determine effectiveness of medical nutritional therapy for children with SARS-CoV-2-infection.

Methods: Anthropometry was assessed in 65 children (9-17 years old) with confirmed SARS-CoV-2-infection in 2019-2021: during hospitalization (29 children), at home with a mild course (20 children), and when diagnosis is established in asymptomatic form (16 children). Obtained data were registered in dynamics of disease, in 3 and in 6 months after recovery.

Results: In hospitalized patients, who received clinical nutrition (FSMPs) in amount at least for basal metabolism (n=19), body weight (BW) loss was 1-3% with full recovery during 1st month. Further assessment revealed growth according to age, repair of usual physical activity and mental state up to 3 months in 89.47%. Eating regular food (n=10) was accompanied by BW loss up to 10-15%, prolongation of PICU stay, and slow recovery of BW (up to 3 months). The transition to normal nutrition immediately after discharge and during the recovery period led either to weight loss or persistence of symptoms of malaise, muscle weakness, increased fatigue and lethargy. In 37.9% who did not receive FSMPs after discharge, especially at the age of 14-17 years, fatigue, decreased memory and endurance remained up to 4-5 months. Children with mild course of disease lost an average of up to 10% of BW, with 85% regaining it by 3 months. The asymptomatic course did not lead to changes in BMI, but complaints of reduced endurance and failure to thrive in the 9-11-year-old cohort persisted for six months in a third of the children.

Conclusions: Carried over SARS-CoV-2-infection in children is accompanied by a loss of BW in acute period, especially with a severe course. The administration of FSMPs facilitates faster and more complete rehabilitation.

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