

Nutritional status of acute pancreatitis patients

cohort analysis of 1078 cases

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AIM

To examine the Malnutrition Universal Screening Tool (MUST) score and body mass index (BMI) in patients with acute pancreatitis (AP).

INTRODUCTION

Malnutrition includes both under- and overnutrition. Malnourished AP patients are at an increased risk of severe AP, systemic complications, inpatient and 90-day mortality. Their length of hospital stay and health care costs approximately double. However, studies to date are limited by superselected population and poor definition of malnutrition.

METHODS

Prospective cohort analysis of acute pancreatitis cases admitted to a tertiary care center (Institute of Pancreatic Diseases, Hungary) between 2021.10.04 and 2024.02.21. AP diagnosis and severity was determined in line with the 2012 Revised Atlanta criteria.

RESULTS

1257 admissions took place N=1078 complete nutritional data

Severity: 67% mild
26% moderate
7% severe

BMI: 36% BMI 30+
34% BMI 25-30
27% BMI 18,5-25

Etiology: 47% biliary
24% alcohol
16% idiopathic

MUST: 75% MUST 0
14% MUST ≥2
11% MUST 1

CONCLUSIONS

- Obesity is more prevalent in HTG, biliary etiologies and severe AP.
- Undernutrition ($\leq 18,5$ BMI) is most common in alcoholic & other etiologies (too few data for severity).
- High malnutrition risk (MUST ≥ 2) is seen in alcoholic & other etiologies and severe AP
- Both over and undernutrition appear to be associated with etiologies linked to moderate & severe AP

RESULTS

