



## NUTRITIONAL RISK MANAGEMENT IN PATIENTS UNDERGOING HAEMATOPOIETIC STEM CELL TRANSPLANTATION (HSCT): THE EXPERIENCE OF THE TMO GROUP OF THE CAREGGI, HOSPITAL IN FLORENCE

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### Background and aims

The prevalence of malnutrition in patients with hematological malignancies range from 30 to 50% and it correlates with negative prognosis.<sup>2</sup> The primary objective of the following retrospective study is to measure the impact of multidisciplinary team interventions in reducing unintentional weight loss of people undergoing HSCT.

### Methods

A retrospective analysis from medical records in the period 2017-2021. The nutritional screenig test used is MUST.

### Results

The patients are 538 (61.9% an autologous transplant, 36.1% an allogeneic transplant) with an age between 20 and 71 years old. The days of hospitalization and the type of transplant impact the nutritional status of patients at discharge. Patients who have had a weight loss >10% are 12.3% with a hospital stay of less than 30 days, 52.5% with a hospitalization between 30 and 60 days and 83.3% if the hospitalization was more than 60 days. Only 10.5% of autologous transplant patients have had a percentage drop >10%, compared to 47.4% for those undergoing allogeneic transplantation. The multidisciplinary team and dietitian valuation has reduced the % of weight loss from 8 to 6%.

### Conclusions

A global management by the multidisciplian team associated with a targeted nutritional intervention helps to reduce the percentage of weight loss, improving the nutritional status of patients

### References

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2. Hirose EY et al. The impact of pretransplant malnutrition on allogeneic hematopoietic stem cell transplantation outcomes. Clinical Nutrition ESPEN. Ottobre 2019; 33:213-9. <https://doi.org/10.1016/j.clnesp.2019.05.005>

