

## Association between Onodera's prognostic nutrition index and infection-related hospitalizations in patients with schizophrenia

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**Background:** Protein-energy wasting is associated with poor outcome in various clinical settings. However, the prevalence of moderate malnutrition and the prognostic impact of nutritional status are rarely explored in hospitalized patients with schizophrenia. This study aimed to assess the prevalence of moderate malnutrition and the predictive ability of Onodera's prognostic nutrition index (OPNI) on occurrence of infection-related hospitalizations for hospitalized schizophrenia patients.

**Methods:** All measurements, including nutritional assessment were performed among hospitalized 582 patients with chronic schizophrenia (64.8% man, mean age  $53.8 \pm 9.6$  years). The mean follow up period was 408 days. Cox regression models adjusting for age, sex and Charlson comorbidity index, were used to explore the association between OPNI and infection-related hospitalizations.

**Results:** At the end of the study, 42 patients had infection-related hospitalizations. The prevalence of moderate malnutrition defined by OPNI scores lower than 45 was 15.8% (92/582). Moderate malnutrition expressed a significant

association with falls in this study. The adjusted hazard ratios (95% confidence intervals) of moderate malnutrition were 2.42 (1.17–4.59) for infection-related hospitalizations.

**Conclusions:** OPNI is a useful tool for identifying chronic schizophrenic patients at risk of moderate malnutrition and infection-related hospitalizations. Further studies are needed to explore whether early detection of patients with schizophrenia at risk for malnutrition could reduce the morbidity and mortality by appropriate interventions

### Speaker Biography

Bo-Jian Wu has completed his MD from National Defense Medical Center in Taiwan. He has completed his MSc from the Institute of Epidemiology of National Taiwan University and Ph.D. from the Institute of Clinical Medicine of National Yangming University. Now he is certified psychiatrist, and an attending physician of Department of Psychiatry, Yuli Hospital, Ministry of Health and Welfare, Hualien, Taiwan. His research mainly focus on schizophrenia, and have over 30 publications.

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