

TUBERCULOSIS AND LUNG DISEASE

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Nutritional status during tuberculosis treatment in patients with or without HIV

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Objective: assess the ability of unique dietary counseling recommended by the MoH in order to supply the nutritional demands caused by TB. As well as the factors that can affect adherence to dietary counseling. Methods: prospective observational study conducted in adults treated for TB, infected and not infected by HIV. These subjects were assessed through body composition, serum biomarkers and dietary recall, then we offered dietary counselling with subsequent self-reported in 180 days of study. Malnutrition was when at least one of the nutritional assessment results was outside the normal range. Data was analysed using the program R-project version 3.0.2 and considered as a significant difference $p \leq 0.05$. Results: 68 patients were included at the average age of 41.1 (\pm 13.4) years, predominantly presented pulmonary clinical form. All patients had some kind of malnutrition. Those with HIV (22 patients) had greater impairment of total proteins, hemoglobin and hematocrit. Only 25% were malnourished by BMI, 66.1% had anemia, 95.6% had

protein malnutrition, 70.6% had energy malnutrition and 82.4% some degree or type of micronutrient disability. 34 completed the study protocol. The average of energy, zinc and protein consumption, during treatment, were close to the RDA recommended minimum, while for the other nutrients average consumption was generally lower than the recommended RDA. Only a small portion ingested at least once in the RDA counseling. Gastrointestinal disorders were the most prevalent reasons for a self-reported not adherence. Conclusion: dietary counseling alone did not reverse malnutrition during TB treatment, in patients with or without HIV.

Speaker Biography

Adriana Costa Bacelo has completed her PhD at the age of 42 years from National Institute of Infectious Diseases Evandro Chagas – Oswaldo Cruz Foundation. She is a Member of Nutrition Service of Oswaldo Cruz Foundation, Member of the Research Center for Micronutrients of Federal University of Rio de Janeiro and Member of Clinical Research Laboratory on Mycobacteria of Oswaldo Cruz Foundation.

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