Abstract

Introduction: We made a clinical study, about nutrition in seriously ill patients, which includes a typical heterogeneous group of critical ill patients, with/without anemia's, that have been admitted to Intensive Care Unit, ICU. It is difficult to individualize and to generalize the relative importance of all the factors that can contribute to these anemia's in the admission to the Unit, including nutritional deficiencies, inflammatory alterations, the immune response to aggressions, immunitary modifications and the complex relations existing between these clinic processes. Objective: Indirect valuation of the nutritional situation and anemia's, in a typical heterogeneous group of critical ill patients. Method/Results: We studied 202 patients admitted to ICU, of varied and heterogeneous origin, classifying them in 3 groups: control, post surgery and septic group's, becoming the indirect valuation of the nutritional situation on the basis of: Global Subjective Valuation, (VGS) and the nutritional analytical determinations of total lymphocytes, albumin, and transferrin. Also we made hemogram and determinations of sideremia and ferritinemia to all of them. In 57% of the patients, we observed levels hemoglobin < 12.5 g/dl, basically in the post surgery groups, 68 patients and septic group’s, 10 patients. And with levels hemoglobin < 10 g/dl, in 25 patient’s (12.3%). There were 87 patients, 23 of them in the control group’s, 58 in the post surgery and 5 septic group’s, with levels hemoglobin > 12.5 g/dl. Regarding the nutritional prognoses indicators, (VGS + nutritional profile), in the control group’s, they did not present anemia nor analytical clinical under nourishment, in the post surgery group’s, anaemia and slight under nourishment and in the septic group’s, anaemia and moderate under nourishment. There were significant differences between the surgery and septic group and control group’s, in values of hemoglobin, iron, total lymphocytes, transferrin and albumin. A statistical correlation between sideremia and albumin was significative. (Spearman’s Rho 0.277). Conclusions: The evaluation of the anemia and nutritional valuation, and the ferroterapic treatment, as immune-nutrient, can be beneficial for the integrity of the immune system and its defense's abilities against the aggressions in critically ill.

Keywords
Nutrition, Immunity, Anaemia's Immunonutrient's.