

# Nutritional Therapy in Hospital Care of In-patients with COVID-19: What we know so far?

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## Abstract

Prior to March 2020, publications involving COVID-19 and nutrition were scarce. After six months of spreading of the infection, clinical trials involving nutritional therapy are still scarce; however consensuses built on the experiences of specialists are relevant for the development of guidelines. Thus, the main objective of this publication is to present the knowledge, to this date, that underlies nutritional therapy in hospital care for COVID-19 in-patients. As a final consideration, it should be pointed out the consensus that has been built from the experience of specialists that all precautions must be taken for the safety of the team and the inpatients, whether in the clinic or in the intensive care units and that in the current absence of specific recommendations, generic protocols be adopted; also nutritional care of these patients should be given priority as an important condition for the positive outcome of each case. Another recommendation in order to generate evidence so that more specific protocols be adopted, is the careful recording of the procedures used and that research protocols be established as well as multicenter studies in order to accelerate investigations, which results can be promptly applied in clinical practice.

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