## **Evaluation of Malnutrition Risk in Lung Transplant** Candidates Using the Nutritional Risk Index (NRI)

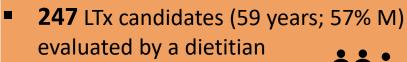
Lung transplant (LTx) candidates are at increased risk of malnutrition given risk factors such as older age and comorbidities



## Hypothesis:

High malnutrition risk will be associated with increased pre- and post-LTx morbidity and mortality

**Retrospective single-center cohort** study (2014-2015)





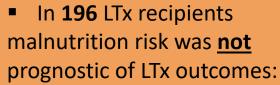
## **High Malnutrition Risk Defined:**

**NRI (Lowest Quartile)** = (1.519 × albumin) + (41.7 × current weight/ideal weight)

- CF candidates had lower NRI than non-CF patients (95 ± 12 vs. 109 ± 11, p < 0.0001)



**86%** of high malnutrition risk LTx candidates maintained/gained (≥ 5%) body weight pre-transplant with NRI not associated with pre-LTx outcomes





- **Hospital Stay**
- **Discharge Disposition**
- 1-year mortality



High malnutrition risk recipients had comparable or greater weight gain in the first-year post-LTx compared to low risk group

Chohan et al. Transplantation Direct. July 2020

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