

Nutrition impact symptoms affect quality of life and nutritional status in patients with chronic liver disease

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Conclusions

Nutrition impact symptoms (NIS) are common in patients with chronic liver disease and correlate negatively with HRQOL. The frequency of NIS increases with the severity of liver disease. Further research is needed to study if treatment of NIS can improve quality of life and prevent malnutrition.

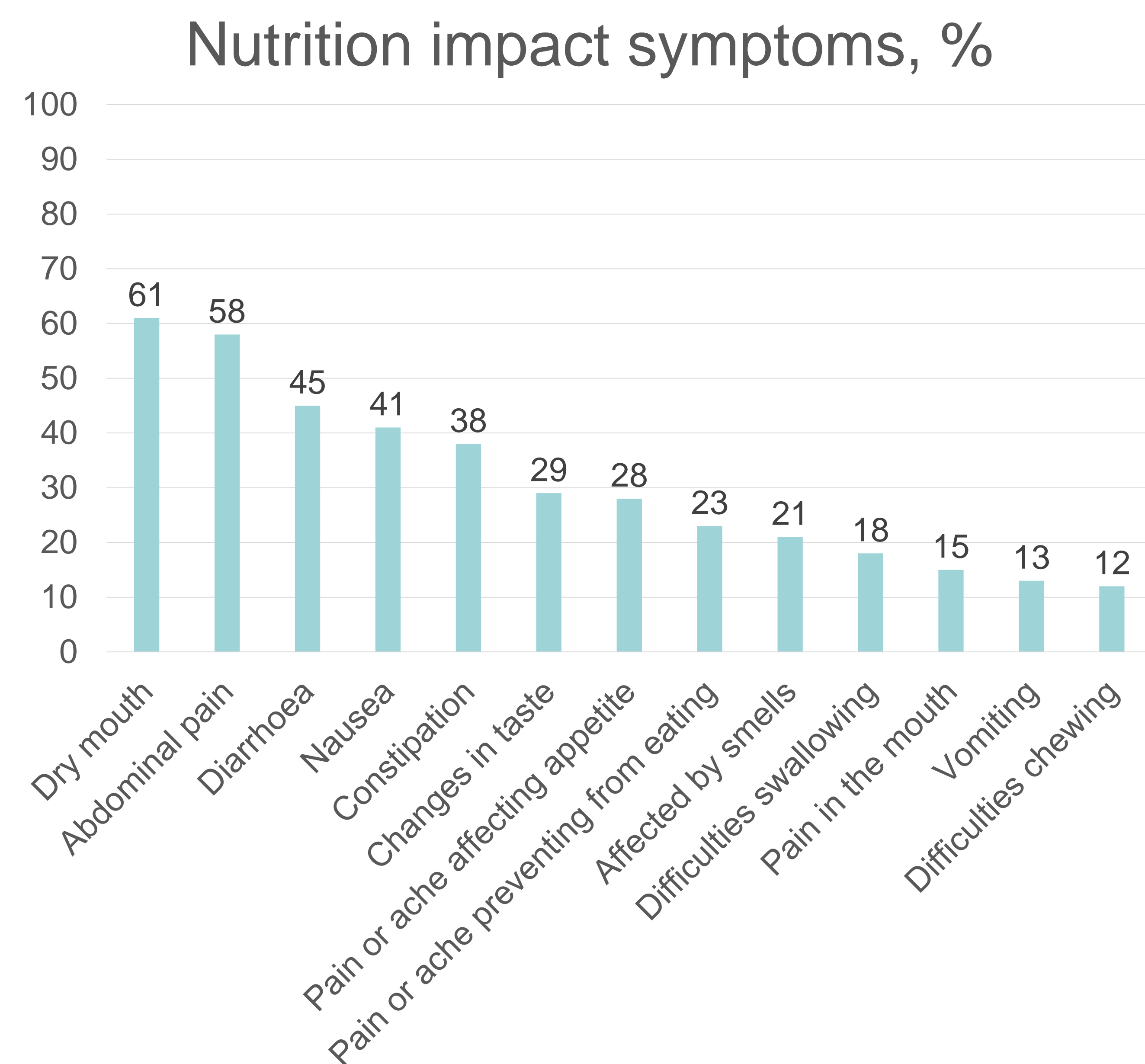


Figure 1. Percentage of population reporting different symptoms

Introduction

Patients with chronic liver disease can experience various symptoms that affect the ability to eat. This cross-sectional study investigated nutrition impact symptoms (NIS) in adult patients with chronic liver disease and associations between NIS and health-related quality of life and nutritional status.

Method

NIS were evaluated with the Eating Symptoms Questionnaire and the Disease-Related Appetite Questionnaire. Health-related quality of life (HRQOL) was assessed with the chronic liver disease questionnaire (CLDQ).

Appendicular skeletal muscle mass index (ASMI) measured with dual-energy x-ray absorptiometry and mid-arm muscle circumference (MAMC) was used for assessment of muscle mass. Subjective Global Assessment (SGA) was performed to assess malnutrition.

Results

Among 133 included patients, 35 % were Child-Pugh A, 48 % Child-Pugh B and 17 % were Child-Pugh C. The prevalence of different NIS was high (Figure 1) and 90 % reported one or more NIS. NIS and HRQOL were negatively correlated ($r = -0.72$, $p < 0.001$). Sixty-eight percent were classified as SGA A (well-nourished), 23 % as SGA B (suspected or moderately malnourished) and 8 % as SGA C (severely malnourished). Sixty-seven percent of the patients reported eating two times or less in a day and 42 % reported that their disease had affected their appetite more than 3 months. The prevalence of low ASMI was 22 % and 11 % had a MAMC in the lowest percentile. There was no correlation between ASMI and frequency of NIS ($r = -0.11$, $p = 0.29$). A weak negative correlation was found between the frequency of NIS and MAMC ($r = -0.28$, $p = 0.001$).

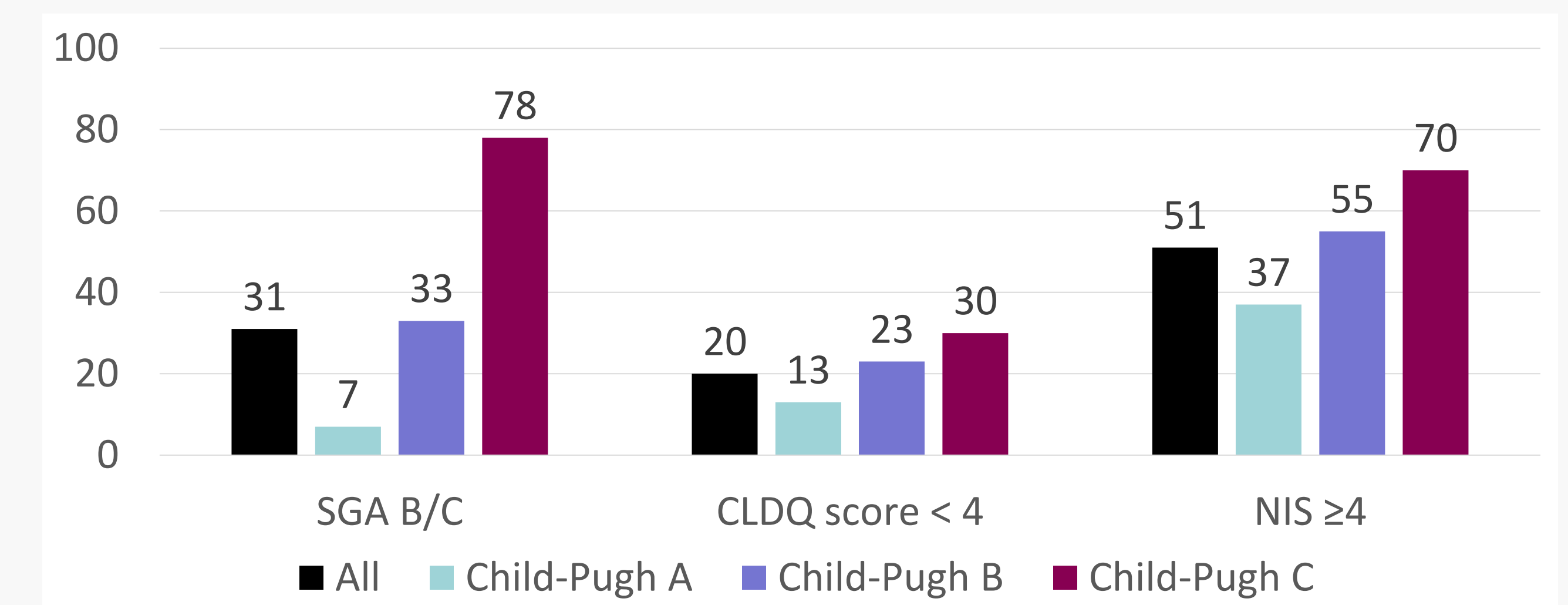


Figure 2. Malnutrition, Quality of Life and NIS according to severity of liver disease (%)



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