

Changes in protein repletion markers in undernourished patients receiving enteral nutrition and its relation with energy and nitrogen balance Cambios en los marcadores proteicos de repleción nutricional en pacientes desnutridos con nutrición enteral y su

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AIM: To study the relationship between the changes in protein repletion indicators and calorie and nitrogen balance in undernourished patients receiving enteral nutrition. **PATIENTS AND METHODS:** Fourteen patients (11 female, age range 55-85 years old) with an initial serum albumin below 3.5 g/dl or serum transferrin below 200 mg/dl, which received enteral nutrition, were studied. On days one and ten of nutritional support, indirect calorimetry, nitrogen balance and serum levels of albumin, transferrin, pre-albumin and total lymphocyte count were measured. **RESULTS:** Initial resting energy expenditure was 25.1 ± 5 Kcal/kg/day ($115.4 \pm 20\%$ of that predicted by Harris Benedict equations) and urinary urea nitrogen 5.4 ± 3.7 g/day. Initial and final nitrogen balances were 66.9 ± 71 and 81.4 ± 105.9 mg N/kg/day and mean energy balance throughout the study was $+9.0 \pm 7.2$ Kcal/kg/day. During the ten days of nutritional support, albumin improved significantly in 0.35 ± 0.43 g/dl (15).