

# NUTRITIONAL REHABILITATION AFTER COVID-19 INFECTION: HOMEWARD-BOUND AFTER HOSPITAL DISCHARGE

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Facilitating best practice sharing for the  
nutritional rehabilitation of COVID-19 patients.

Join for presentations, discussion and live Q&A  
with our panel of experts.

**Chaired by Annemieke van Ginkel-Res,  
Honorary President of EFAD**



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## WELCOME AND INTRODUCTION BY THE CHAIR

Annemieke Van Ginkel-Res  
Honorary President of EFAD

Dear Webinar Attendees,

**I am delighted to welcome you to this webinar which is organized by the European Federation of the Associations of Dietitians (EFAD) and made possible through the support of Nutricia. Our aim is to empower dietitians with the knowledge that they need to effectively manage a new and challenging patient group, namely patients suffering from COVID-19 infection. During this webinar our speakers will share their practical insights and experience relating to the nutritional status and needs of these patients at the point of hospital discharge, current strategies in place to support primary care services and the application of nutritional care pathways and processes adapted for the COVID-19 patient journey from hospital to home.**

During this challenging time, we as dietitians, along with other health care professional colleagues have found ourselves in somewhat unfamiliar territory in managing patients suffering from COVID-19 infection. Despite this, I am deeply impressed by the excellent initiatives we have seen from our members and colleagues across Europe and further afield, who have been collaborating with medical societies and stakeholders to develop optimum care pathways and embark on research studies. This effort will help us to identify the true nutritional therapy needs during the recovery period after COVID-19 infection and allow further substantiation of the evidence base and clinical guidance in the future. It has also become obvious that dietitians have a vital role to play at every step of the COVID-19 patient journey as well as in the Public Health dimension, and we believe that EFAD should play a role in making this visible. To this end we have produced a briefing paper to raise awareness of the need for appropriate dietetic care in the context of COVID-19.

Until the evidence base is more complete, we are highly dependent on the insights and learnings of our colleagues who are dealing with patients with COVID-19 on the front line, as well as those who have been intimately involved in preparing guidance and care pathways, e.g. in Italy, the UK and The Netherlands. We believe that sharing and disseminating these insights and resources will be of tremendous value to dietitians around the world and allow dietitians to take a leading role in stimulating multi-disciplinary approaches to managing patients in primary care, where it is predicted that there will be a “tsunami” of rehabilitation needs. We also recognize that most attention until now has been directed at the hospitalized COVID-19 patient in the most acute phase. Through this webinar we want to address the equally important phase of the journey after a patient goes home from hospital, which we know could easily be overlooked.

This short booklet will introduce our excellent panel of speakers: Dr Emanuele Cereda (Italy), Anne Holdoway (UK) and Berry van Kats (The Netherlands). Our panel are leading the way with best practice initiatives and will share their experience and expertise from both the strategic and practical level.

At the end of this webinar you can expect to have gained the following insight:

- Knowledge on the nutritional status, needs and multifactorial challenges of the COVID-19 patient at the point of hospital discharge.
- Access to ideas and resources for primary care pathways to support the nutritional rehabilitation of these patients.
- Practical case study examples, demonstrating use of COVID-19 tailored nutritional care processes and useful tips to overcome barriers to providing optimum therapy.

We will also share key publication links to help support your local practice.

A recorded link is embedded in the title so you can access the webinar presentations, expert discussion, and questions and answers if you missed us live.

I hope you will enjoy this webinar and look forward to seeing primary care nutritional therapy high on the COVID-19 rehabilitation agenda, supporting optimal nutritional care for all.

With kind regards,



Annemieke Van Ginkel-Res  
Honorary President of EFAD

# Practical resources and reference links

- ▶ **EFAD briefing paper**  
[‘Role of Dietitians in the fight against COVID-19’](#)
- ▶ **COVID-19 nutritional care pathways for use in primary care**  
[UK - Malnutrition care pathway for COVID-19](#)  
[The Netherlands - Dieetiek care pathway for COVID-19 \(Dutch & English version available\)](#)
- ▶ **Pragmatic Italian protocol for use of nutritional supplements in non-critically COVID-19 patients**  
[Caccialanza R, Laviano A, Lobascio F, et al. Early nutritional supplementation in non-critically ill patients hospitalized for the 2019 novel coronavirus disease \(COVID-19\): Rationale and feasibility of a shared pragmatic protocol. Nutrition. 2020;74:110835](#)
- ▶ **British Dietetic Association (BDA) COVID-19 resources**  
[“BDA Specialist Groups have begun producing clinical guidance and recommendations in a range of areas to support dietitians working to tackle the COVID-19 pandemic.”](#)
- ▶ **British Association for Parenteral and Enteral Nutrition (BAPEN) COVID-19 resources**  
[“These documents and guidelines have been developed by BAPEN groups and committees in response to the coronavirus pandemic and are based on the available evidence at the time of writing and expert consensus.”](#)
- ▶ **Patient perspective**  
[Insight to rehabilitation needs and patient perspective in the UK – Channel 4 news report](#)



**SESSION CHAIR**

## **ANNEMIEKE VAN GINKEL-RES**

Honorary President of EFAD

Annemieke began her career as a clinical dietitian in the University Hospital in Amsterdam. This was followed by 10 years of experience working in product /marketing management with Nutricia. In 1998 she started in Nutri-akt to recruit dietitians, nutritionists and food technologists for successful engagement in new positions. In 2010 she started Vialente-Dietheek, an organization with over 90 dietitians working in primary care in the Netherlands. Over the past 20 years she has been highly involved with aspects of governance within the field of Dietetics in Europe, she is former President of the Dutch Association of Dietitians, was on the Advisory Board for the BSc Nutrition & Dietetics, HEI Amsterdam and is currently Honorary President of EFAD.



**SPEAKER**

## **EMANUELE CEREDA MD, PHD**

Researcher/Physician (Nutrition & Dietetics), Fondazione IRCCS Policlinico San Matteo, Pavia IT

Dr. Cereda graduated as an MD in 2002, and was awarded the specialization degree in Clinical Nutrition in 2006 and PhD in “Clinical and Experimental Nutrition” in 2009. Since 2010 he has worked as a physician and research scientist at the Clinical Nutrition and Dietetics Unit of the Fondazione IRCCS Policlinico “San Matteo” (Pavia, Italy). As lead investigator in many clinical trials, his research activities are substantiated by a large number of publications (>150) in highly ranked peer-reviewed international journals (reaching an Impact Factor of ~1000; H-Index: 34) and by several chapters in national and international books, mainly dealing with disease-related malnutrition and related complications in hospital and institutions, wound healing, clinical nutrition in oncology, geriatrics and neurodegenerative diseases (mainly Parkinson’s disease). He is Associate Editor of Clinical Nutrition and serves as an active reviewer for several international peer reviewed journals dedicated to clinical nutrition or focusing on nutritional topics.



**SPEAKER**

## **ANNE HOLDOWAY**

BAPEN Education Officer & Chair  
BDA COVID-19 CGG  
Bath, UK

Anne's 30 year career spans the National Health Service (NHS), industry, research and private practice. With the aim of influencing standards of nutritional care across the UK, Anne has utilised her experience to support national organisations including the British Association for Parenteral and Enteral Nutrition (BAPEN), the British Dietetic Association (BDA) and the National Institute of Health and Care Excellence (NICE). Anne is Chair of the UK panel for managing adult malnutrition in the community and during the COVID-19 pandemic was asked to Chair the BDA COVID-19 Clinical Guidance Group to facilitate the development of resources to optimise nutritional care across the patient pathway.



**SPEAKER**

## **BERRY VAN KATS**

Registered Dietitian  
Diëtheek NL

Berry van Kats is a senior dietitian in The Netherlands where she has worked for 35 years. This has included working in various primary health centers, where the focus is very much on a multidisciplinary approach. Over the past 10 years Berry has worked both in a primary health center and at a transmurale outpatient care center, and over the last 2 years for Asthma Center Davos (NAD).

Throughout her career, Berry's passion has been to work on projects which aim to take dietetics to a higher level, with a focus on optimising nutritional care of people suffering from obesity and chronic diseases such as diabetes, cardiovascular disease, asthma and chronic obstructive pulmonary disease (COPD).

# ABOUT EFAD

The European Federation of the Associations of Dietitians (EFAD) is the voice of 35,000 European dietitians in 29 European countries representing more than half the profession in Europe. Through its membership of 33 National Dietetic Associations and 38 Higher Education Institutes, EFAD aims to improve European nutritional health and reduce health inequalities among the populations its members represent.

## Our Mission

To support member Associations in developing the role that dietitians have in the improvement of nutritional health in Europe.

## Our Vision

EFAD, National Dietetic Association members (NDAs), Education Associate Members and dietitians are the recognised leaders in the field of dietetics and nutrition.

## To achieve our vision, EFAD:

- supports the highest quality of dietetic education, professional practice, research activity and partnership.
- pro-actively initiates and grows collaborations in order to improve nutritional health, reduce socio-economic health inequalities and contribute to economic prosperity.

## Registered Address:

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## ABOUT NUTRICIA

Since 1896, Nutricia has pioneered nutritional solutions that help people live longer, more joyful and healthier lives. Building on more than a century of research and innovation, Nutricia has harnessed the power of life-changing and life-saving nutrition to create a leading specialized nutrition portfolio that can change a health trajectory for life.

With its nutritional solutions, Nutricia supports healthy growth and development during the first 1000 days and helps to address some of the world's biggest health challenges; pre-term birth, faltering growth, food allergy, rare metabolic diseases, age-related conditions and chronic disease, such as frailty, cancer, stroke and early Alzheimer's disease.

As part of Danone, Nutricia embraces the company's "One Planet. One Health" vision reflecting that the health of people and the health of the planet are interconnected and therefore seeks to protect and nourish both.

For more information visit:

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**EFAD**

The European Federation of  
the Associations of Dietitians