

Introduction

- Malnutrition is a common complication in patients with Inflammatory Bowel Disease (IBD).
- It negatively impacts patients' quality of life.
- Aim: To evaluate the impact of malnutrition on the readmission rate in patients hospitalized with IBD in the US.

Methods

- Study: Retrospective Cohort
- Database: National Readmission Database (NRD), 2019
- Population: IBD patients admitted with and without malnutrition
- Outcome: 30 day Readmission rate.
- Statistical Analysis: Stata 17
- Logistic regression analyses to analyze odds of readmission.

Results

- Among 76480 patients admitted with IBD, 11564 (15.1%) also had a concurrent diagnosis of malnutrition.
- Adjusted Odds of Readmission for IBD patients with malnutrition were 1.41 times higher (95% CI 1.30-1.52) than those without malnutrition.
- There was an increased proportion of readmissions with sepsis in patients with malnutrition compared to the baseline group (6.4% vs. 5.7%).

Results (Cont.)

Variables	IBD without Malnutrition (64916)	IBD with Malnutrition (11564)	p-value
a) Baseline Characteristics			
Age (SD)	46.7 (18.8)	47.0 (19.9)	0.35
Female (%)	35385 (54.5)	5611 (48.5)	<0.01
Charlson Comorbidity Index (SD)	0.70 (1.4)	0.86 (1.6)	<0.01
Hospital Type (%)			
Urban	63920 (98.5)	11511 (99.5)	<0.01
Teaching	48284 (74.4)	9520 (82.3)	<0.01
Hospital Bed Size (Large)	34524 (53.2)	7213 (62.4)	<0.01
Payer Information (%)			<0.01
Medicare	18044 (28.9)	3605 (32.4)	
Private Insurance	28110 (45.1)	4622 (41.5)	
Disposition (%)			<0.01
Home	56907 (87.7)	7982 (69.1)	
AMA	1846 (2.9)	160 (1.4)	
Died	112 (0.2)	163 (1.4)	
b) Readmission Rate Comparison			
30 Days Readmission Rate	8060 (13.3)	1953 (18.4)	<0.01
c) Univariate and Multivariate Logistic Regression (With IBD without Malnutrition as Reference)			
Unadjusted Odds of Readmission	1.46 (95% CI 1.35-1.58)		<0.01
Adjusted Odds of Readmission	1.41 (95% CI 1.30-1.52)		<0.01
Adjusted for Age, Charlson Comorbidity Index, Hospital (Location, Teaching status), Insurance status.			

Table 1: a) Baseline Patient & Hospital Characteristics b) Readmission rate c) Univariate and multivariate logistic regression model (With IBD without Malnutrition as Reference).

Results (Cont.)

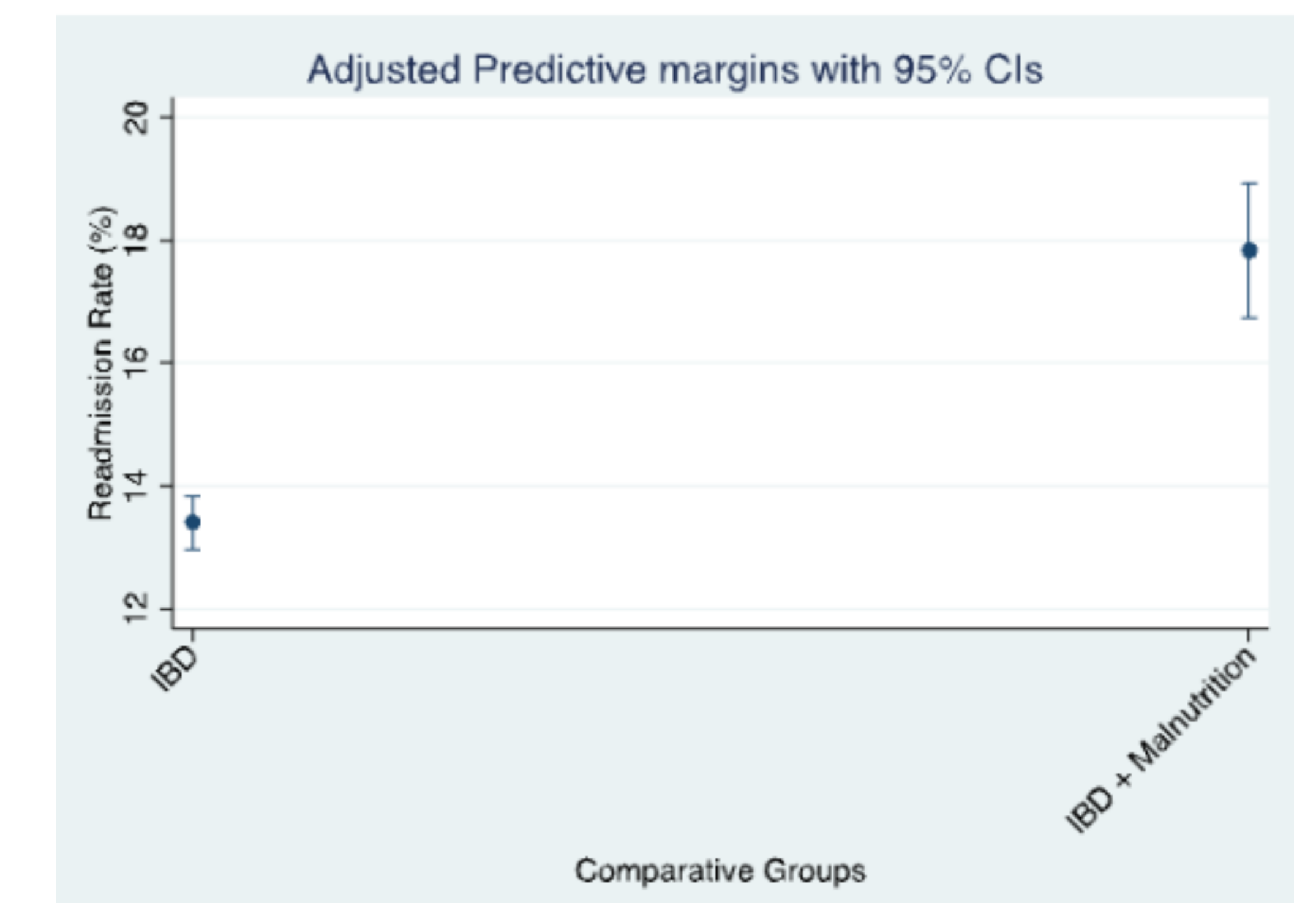


Figure showing higher 30-day all-cause readmission rate in malnourished IBD patients compared to non-malnourished (18.4% vs. 13.3%).

Conclusion

- Malnutrition was associated with a significantly higher risk of 30-day readmission in patients admitted with IBD.
- Patients are at increased risk of readmission due to infections.
- Early screening and prompt management of malnutrition can decrease the risk of hospitalization in this patient population.

Presenter's Bio & References

