**Research Education Presentation**

**Nutrition therapy related to COVID-19**

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Summary

Many recent studies are done in university labs to find a relationship between nutrition therapy and COVID-19. Most of them are focusing on prevention. Another task is finding the best practice for medical nutrition therapy as part of the virus treatment. Since it is a new disease and there was not much study has been done about it.

Researchers and other medical health providers are trying to find the best practice to help patients diagnosed with COVID-19 by looking at the previous studies on the symptoms and diagnosis of COVID-19. Since it's a virus that is known to be related to the immune system in humans. There are many studies in the past about the immune system and how it can protect the body from viruses and infection. Most of the current recommendation comes from previous studies about how to improve the immune system through nutrition and healthy lifestyle practices.

The reality is most of those practices or nutrition that is becoming common are not to prevent or treat COVID-19. They are to improve the immune system. The only preventions are the mask, cleaning, and disinfecting. So, some of my presentations were about the vitamins related to the immune system: vitamin D vitamins, see omega three, and zinc.

Exceptionally There is one study that is Posted in the Java network. The research was done to find the relation between COVID-19 and vitamin D, C, Zink, and omega 3

The study was done on COVID patients. The study results showed the patient who had deficiency with vitamin D had more severe respiratory infection than the patient who had a standard range of vitamin D. The study does not state that vitamin D supplements can prevent COVID-19. The study mentioned that an adequate amount of vitamin D could reduce the severity of lung infection.

There are many myths about the treatment and prevention of COVID-19. Some of the myths about COVID-19 are flu vaccines can prevent COVID-19, and until now, there here is currently no vaccine to prevent the COVID-19 virus. High-temperature Exposure to the sun or to temperatures higher than 77 F (25 C) does not contain the COVID-19 virus or cure COVID-19. Low temperatures cannot kill the COVID-19 virus.

Antibiotics kill bacteria, not viruses. However, people hospitalized due to COVID-19 might be given antibiotics for a bacterial infection, but it will not treat viral infection. Drinking alcohol doesn't protect you from the COVID-19 verse. There is no evidence that eating garlic protects from the COVID-19 virus. Disinfectants can help kill germs, such as the COVID-19 virus. Still, it injects them into your body or swallows them will not help. Many people take vitamin C, zinc, green tea, or echinacea to boost their immune systems, but these supplements are unlikely to prevent someone from getting sick.

In the U.S., the FDA has been working to remove misleading products from store shelves and online marketplaces. There are steps you can take to reduce your risk of infection. The World Health Organization (WHO) and the U.S. Centers for Disease Control and Prevention (CDC) recommend following these precautions for avoiding COVID-19: Avoid large events and mass gatherings. Avoid close contact (within about 6 feet, or 2 meters). Wash your hands often with soap and water for at least 20 seconds or use sanitizer.

Cover your face with a cloth face-covering in public spaces, such as the grocery store, where it's challenging to avoid close contact with others. Only nonmedical cloth masks — surgical masks and N95 respirators should be reserved for health care providers.

Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Throw away the used tissue and wash your hands or use hand sanitizer.

Reflection

COVID-19 is a new disease, So there is not much research was done about it. So I had a hard time locating studies. In 2020, there were quite a few good searching related to COVID-19, but it was medial issues. There are not many studies made related to nutrition therapy. I found some nutrition therapy guidelines for medical nutrition therapy related to Covid patients, Such as calorie needs and protein. Even the few reliable studies that were done, they were associated with improving the immune system, Since COVID-19 is a Virus. All the research was done on nutrition related to COVID-19 was backed up with a strong study about those nutrients associated with the immune system.

I discussed the topic of this presentation with my preceptor, and she agreed with it. And she specifically mentioned the Vitamin D study related to Corvette. I picked this because we need to know a treatment plan for patients who need MNT. These patients are diagnosed with cover 19 people t they malnutrition or need parenteral nutrition because of respiratory issues. We need to know the guideline for these patients. another reason this topic is essential because it's a hot topic, and we need to know what is real and what is not too direct for the people. A guideline she's developed with two doctors about all the nutritional need was different issues related to COVID-19 patients.