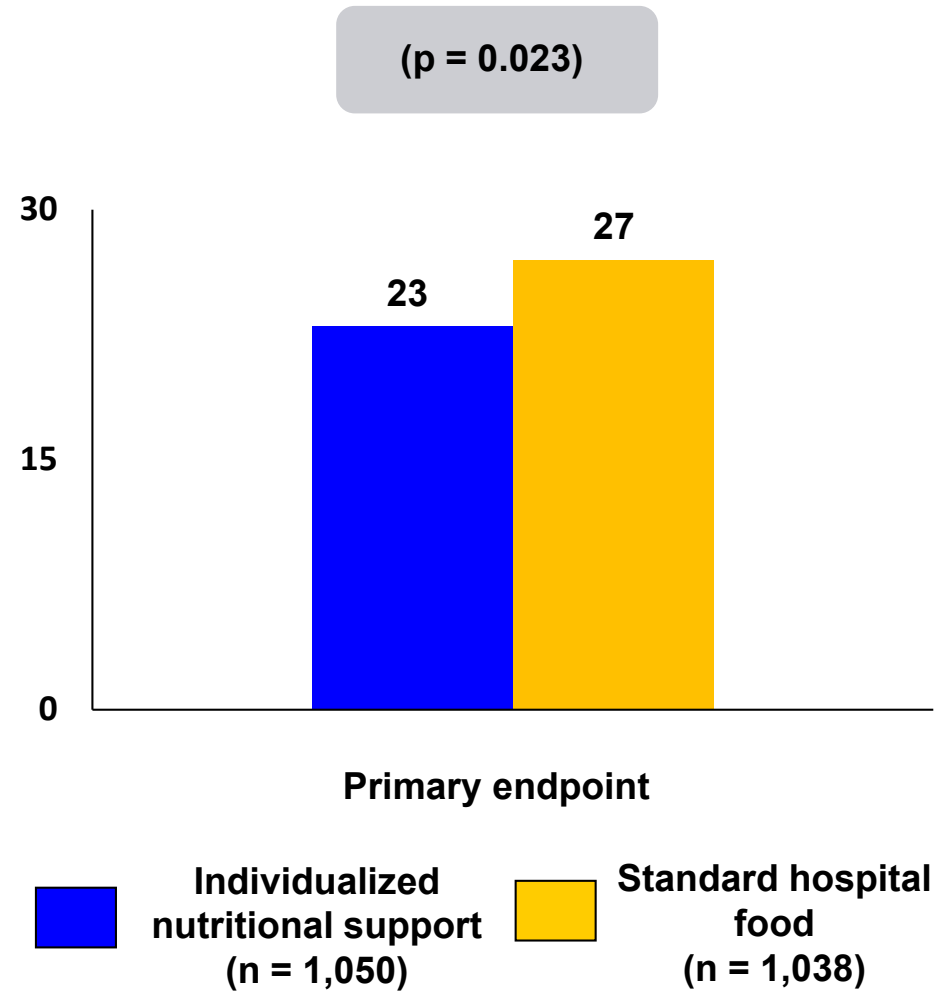


# EFFORT

**Trial Description:** Noncritically ill patients at risk of malnutrition were randomized to protocol-guided individualized nutritional support vs. standard hospital food.



## RESULTS

- Primary efficacy endpoint, all-cause mortality, admission to ICU, hospital readmission, major complications, or decline in functional status at 30 days, occurred in 23% of the intervention group vs. 27% of the control group (p = 0.023)
- Mortality: 7% in the intervention group vs. 10% in the control group (p = 0.011)
- Decline in functional status: 4% in the intervention group vs. 6% in the control group (p = 0.034)

## CONCLUSIONS

- Among inpatients with a noncritical illness, guideline-directed individualized caloric/protein support was effective at reducing adverse events, including mortality
- This trial supports screening hospitalized patients for malnutrition and starting individualized caloric/protein support

Schuetz P, et al. *Lancet* 2019;393:2312-21