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To evaluate the safety and efficacy of a fish oil-enriched parenteral nutrition regimen in trauma and burn patients

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Abstract

Background: To evaluate the safety and efficacy of a fish oil-enriched parenteral nutrition regimen in trauma and burn patients

Methods: Prospective, randomized, parallel group study carried out at the Intensive Medicine, department of critical care, Amandeep Hospital, Amritsar, India. Patients were divided into two groups, Group A: omega-3 fatty acid-enriched lipid emulsion was given. Group B: placebo. The patients with polytrauma and burns more than 30% were included in the study. Omega-3 fatty started after the 24 hours in group A.

Results: The combined analysis showed that a fish oil–enriched parenteral nutrition regimen had a positive treatment effect on length of hospital stay (weighed mean difference = –2.98, $P < .001$), length of intensive care unit stay, postoperative infection rate (odds ratio = 0.56, $P = .04$), and serum levels of Lactate level day 0,1d,5d, in these patients. The significant differences were found between the 2 groups in postoperative mortality; incidence of postoperative cardiac complications; serum levels of bilirubin, triglyceride. No serious adverse events related to fish oil treatment were reported.

Conclusions: Based on the analysis, fish oil–supplemented parenteral nutrition was safe, improved clinical outcomes in trauma and burn patients. More laboratory parameters should be considered in future meta-analyses.

Biography

Dr. Pankaj Soni has completed his MBBS from Grant Medical College and M.D (postdoctoral) from Tata memorial hospital, Mumbai University. He is presently the ICU incharge of Amandeep hospital, Amritsar, Punjab, India. He has presented his studies. He is presently the secretary, ISCCM (Indian society of critical care medicine).