

Best Evidence Summaries of Topics in Mental Healthcare

BEST *in* **MH** *clinical question-answering service*

Question

In adults who are alcohol dependent and are showing signs of malnourishment, what interventions are effective in improving patient outcomes?

Clarification of question using *PICO* structure

Patients: Alcohol dependent adults, showing signs of malnourishment

Intervention: Any intervention

Comparator: Any other intervention

Outcome: Improving patient outcomes

Plain language summary

No high quality, relevant research was identified.

Clinical and research implications

N/A

What does the evidence say?***Number of included studies/reviews (number of participants)***

N/A

Main findings

N/A

Authors conclusions

N/A

Reliability of conclusions/Strength of evidence

N/A

What do guidelines say?

NICE Guidelines offer the following for alcohol dependent adults who show signs of malnourishment:

Offer prophylactic oral thiamine to harmful or dependent drinkers:

- If they are malnourished or at risk of malnourishment or
- If they have decompensated liver disease or
- If they are in acute withdrawal or
- Before and during a planned medically assisted alcohol withdrawal.

Offer prophylactic parenteral thiamine followed by oral thiamine to harmful or dependent drinkers:

- If they are malnourished or at risk of malnourishment or
- If they have decompensated liver disease. CG110: pp13.

Date question received: 02/06/2016

Date searches conducted: 06/06/2016

Date answer completed: 20/06/2016

References***Guidelines***

National Institute for Health and Care Excellence (2010) Alcohol-use disorders: diagnosis and management of physical complication. London: NICE.

<https://www.nice.org.uk/guidance/cg100/resources/alcoholuse-disorders-diagnosis-and-management-of-physical-complications-35109322251973>

Search details

Source	Search Strategy	Number of hits	Relevant evidence identified
<i>Guidelines</i>			
NICE	Alcohol Malnourishment	2	1
MEDLINE	<p>13. Medline; ((alcohol) adj2 (dependen* OR disorder* OR drink* OR misuse OR abuse* OR consumption)).ti,ab; 70874 results.</p> <p>14. Medline; exp ALCOHOL DRINKING/ OR exp ALCOHOLIC INTOXICATION/ OR exp ALCOHOLISM/; 122523 results.</p> <p>15. Medline; exp DRINKING/; 12946 results.</p> <p>16. Medline; 13 OR 14 OR 15; 165791 results.</p> <p>17. Medline; (nutrition* OR nourish* OR diet* OR food* OR feed* OR malnourish* OR malnutrition*).ti,ab; 1037873 results.</p> <p>18. Medline; exp DIET/ OR exp DIET THERAPY/ OR exp DIETARY SERVICES/; 236401 results.</p> <p>19. Medline; exp MALNUTRITION/; 108643 results.</p> <p>20. Medline; 17 OR 18 OR 19; 1180567 results.</p> <p>21. Medline; 16 AND 20; 21429 results.</p> <p>22. Medline; 21 [Limit to: (Document type Controlled Clinical Trial or Meta-analysis or Randomized Controlled Trial or Review) and (Age group Young Adult or Adult or Middle aged or Aged or Aged, 80 and over)]; 1223 results.</p>	1223	0
EMBASE	<p>1. EMBASE; ((alcohol) adj2 (dependen* OR disorder* OR drink* OR misuse OR abuse* OR consumption)).ti,ab; 90148 results.</p> <p>2. EMBASE; exp ALCOHOL CONSUMPTION/ OR exp ALCOHOL INTOXICATION/ OR exp ALCOHOL USE DISORDER/; 102215 results.</p>	444	0

	<p>3. EMBASE; exp DRINKING BEHAVIOR/; 40609 results.</p> <p>4. EMBASE; 1 OR 2 OR 3; 170224 results.</p> <p>5. EMBASE; (nutrition* OR nourish* OR diet* OR food* OR feed* OR malnourish* OR malnutrition*).ti,ab; 1282797 results.</p> <p>6. EMBASE; exp NUTRITION/; 1709101 results.</p> <p>7. EMBASE; exp DIET/ OR exp DIET THERAPY/; 472660 results.</p> <p>8. EMBASE; exp FOOD/; 748590 results.</p> <p>9. EMBASE; exp MALNUTRITION/; 124745 results.</p> <p>10. EMBASE; 5 OR 6 OR 7 OR 8 OR 9; 2323321 results.</p> <p>11. EMBASE; 4 AND 10; 126820 results.</p> <p>12. EMBASE; 11 [Limit to: (EBM-Evidence Based Medicine Meta Analysis or Systematic Review) and (Clinical Trials Clinical Trial or Randomized Controlled Trial or Controlled Clinical Trial)]; 444 results.</p>		
PsycINFO/CINAHL	<p>23. PsycInfo; ((alcohol) adj2 (dependen* OR disorder* OR drink* OR misuse OR abuse* OR consumption)).ti,ab; 44701 results.</p> <p>24. PsycInfo; exp ALCOHOL ABUSE/ OR exp ALCOHOL INTOXICATION/ OR exp ALCOHOLISM/; 44968 results.</p> <p>25. PsycInfo; (nutrition* OR nourish* OR diet* OR food* OR feed* OR malnourish* OR malnutrition*).ti,ab; 168947 results.</p> <p>26. PsycInfo; exp DIETS/; 10628 results.</p> <p>27. PsycInfo; exp FOOD/ OR exp FOOD DEPRIVATION/ OR exp FOOD INTAKE/; 25851 results.</p> <p>28. PsycInfo; exp NUTRITIONAL DEFICIENCIES/; 3581 results.</p> <p>29. PsycInfo; 23 OR 24; 68681 results.</p> <p>30. PsycInfo; 25 OR 26 OR 27 OR 28; 172962 results.</p> <p>31. PsycInfo; 29 AND 30; 3363 results.</p> <p>32. PsycInfo; 31 [Limit to: (Methodology Literature Review or Meta Analysis or Systematic Review or Treatment Outcome/Clinical Trial)]; 298 results.</p>	298	0
CENTRAL	<p>#1 alcohol adj2 (dependen* or disorder* or drink* or misuse or abuse* or consumption) 319</p> <p>#2 MeSH descriptor: [Alcoholism] explode all trees 2639</p> <p>#3 MeSH descriptor: [Alcohol Drinking] explode all trees 2815</p>	892	0

	#4	nutrition* or nourish* or diet* or food* or feed* or malnourish* or malnutrition*	93708		
	#5	MeSH descriptor: [Nutrition Disorders] explode all trees	12085		
	#6	#1 or #2 or #3	5089		
	#7	#4 or #5	98285		
	#8	#6 and #7	892		

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