

Best Evidence Summaries of Topics in Mental Healthcare

BEST in MH *clinical question-answering service*

Question

In alcohol dependant adults who are drinking dependently, how effective are multivitamins or nutritional or calorific supplements, compared to any other intervention, in preventing or reducing malnourishment?

Clarification of question using *PICO* structure

Patients: Alcohol dependant adults who are drinking dependently

Intervention: Multivitamins or nutritional or calorific supplements

Comparator: Any other intervention

Outcome: Preventing or reducing malnourishment

Plain language summary

No high quality, relevant research evidence was identified to answer this question. More research is needed in order to understand this area.

Clinical and research implications

No high quality, relevant research evidence was identified.

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 do not comment on the use of multivitamins, nutritional or calorific supplements for malnourishment in alcohol dependant adults. However, the following recommendations are made (CG100, 2010).

With regards to Wernicke's encephalopathy:

“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” (pp.14)

“Assess the nutritional requirements of people with acute alcohol-related hepatitis. Offer nutritional support if needed and consider using nasogastric tube feeding.” (pp.16)

Date question received: 21/11/2016

Date searches conducted: 01/12/2016

Date answer completed: 30/01/2017

References***Guidelines***

National Institute for Health and Care Excellence (2010) Alcohol-use disorders: diagnosis and Management of physical complications. CG100. LONDON: NICE

Search details

Source	Search Strategy	Number of hits	Relevant evidence identified
<i>SRs and Guidelines</i>			
NICE	Alcohol	5	1
CDSR	#1 MeSH descriptor: [Alcoholism] explode all trees 2701 #2 "alcohol depend*" 3301 #3 "vitamin therapy" 95 #4 multivitamin 831 #5 "nutritional supplement*" or "dietary supplement*" 10260 #6 "caloric supplement*" or "calorie supplement*" 59 #7 #1 or #2 5046 #8 #3 or #4 or #5 or #6 10894 #9 MeSH descriptor: [Malnutrition] explode all trees 2424 #10 malnourishment 34 #11 #9 or #10 2451 #12 #7 and #8 and #11 0 #13 #7 and #8 34 Cochrane SR	20	0
<i>Primary studies</i>			
CENTRAL	#1 MeSH descriptor: [Alcoholism] explode all trees 2701 #2 "alcohol depend*" 3301 #3 "vitamin therapy" 95 #4 multivitamin 831 #5 "nutritional supplement*" or "dietary supplement*" 10260 #6 "caloric supplement*" or "calorie supplement*" 59 #7 #1 or #2 5046 #8 #3 or #4 or #5 or #6 10894	13	0

	#9 MeSH descriptor: [Malnutrition] explode all trees 2424		
	#10 malnourishment 34		
	#11 #9 or #10 2451		
	#12 #7 and #8 and #11 0		
	#13 #7 and #8 34		
	Central only 13		
PsycINFO SR	1 PsycINFO exp "ALCOHOL ABUSE"/46301	1	0
	2 PsycINFO ("alcohol dependen*).ti,ab 9627		
	3 PsycINFO exp "NUTRITIONAL DEFICIENCIES"/ OR "VITAMIN DEFICIENCY DISORDERS"/ 3648		
	4 PsycINFO VITAMINS/ OR "VITAMIN THERAPY"/ 3128		
	5 PsycINFO (multivitamin*).ti,ab 221		
	6 PsycINFO ("nutritional supplement*).ti,ab 444		
	7 PsycINFO ("caloric supplement*).ti,ab 4		
	8 PsycINFO ("calorie supplement*).ti,ab 6		
	9 PsycINFO "DIETARY SUPPLEMENTS"/ 2255		
	10 PsycINFO exp "ALCOHOL ABUSE"/ OR ("alcohol dependen*).ti,ab 48844		
	11 PsycINFO VITAMINS/ OR "VITAMIN THERAPY"/ OR (multivitamin*).ti,ab OR ("nutritional supplement*).ti,ab OR ("caloric supplement*).ti,ab OR ("calorie supplement*).ti,ab OR "DIETARY SUPPLEMENTS"/ 5324		
	12 PsycINFO ((exp "NUTRITIONAL DEFICIENCIES"/ OR "VITAMIN DEFICIENCY DISORDERS"/) AND (exp "ALCOHOL ABUSE"/ OR ("alcohol dependen*).ti,ab)) AND (VITAMINS/ OR "VITAMIN THERAPY"/ OR (multivitamin*).ti,ab OR ("nutritional supplement*).ti,ab OR ("caloric supplement*).ti,ab OR ("calorie supplement*).ti,ab OR "DIETARY SUPPLEMENTS"/) 65		
	13 PsycINFO (((exp "NUTRITIONAL DEFICIENCIES"/ OR "VITAMIN DEFICIENCY DISORDERS"/) AND (exp "ALCOHOL ABUSE"/ OR ("alcohol dependen*).ti,ab)) AND (VITAMINS/ OR "VITAMIN THERAPY"/ OR (multivitamin*).ti,ab OR ("nutritional supplement*).ti,ab OR ("caloric supplement*).ti,ab OR ("calorie supplement*).ti,ab OR "DIETARY SUPPLEMENTS"/)) [Methodology Meta Analysis OR Systematic Review] 1		
PsychINFO	1 PsycINFO exp "ALCOHOL ABUSE"/46301	10	0

RCT	<p>2 PsycINFO ("alcohol dependen*).ti,ab 9627</p> <p>3 PsycINFO exp "NUTRITIONAL DEFICIENCIES"/ OR "VITAMIN DEFICIENCY DISORDERS"/ 3648</p> <p>4 PsycINFO VITAMINS/ OR "VITAMIN THERAPY"/ 3128</p> <p>5 PsycINFO (multivitamin*).ti,ab 221</p> <p>6 PsycINFO ("nutritional supplement*).ti,ab 444</p> <p>7 PsycINFO ("caloric supplement*).ti,ab 4</p> <p>8 PsycINFO ("calorie supplement*).ti,ab 6</p> <p>9 PsycINFO "DIETARY SUPPLEMENTS"/ 2255</p> <p>10 PsycINFO exp "ALCOHOL ABUSE"/ OR ("alcohol dependen*).ti,ab 48844</p> <p>11 PsycINFO VITAMINS/ OR "VITAMIN THERAPY"/ OR (multivitamin*).ti,ab OR ("nutritional supplement*).ti,ab OR ("caloric supplement*).ti,ab OR ("calorie supplement*).ti,ab OR "DIETARY SUPPLEMENTS"/ 5324</p> <p>12 PsycINFO ((exp "NUTRITIONAL DEFICIENCIES"/ OR "VITAMIN DEFICIENCY DISORDERS"/) AND (exp "ALCOHOL ABUSE"/ OR ("alcohol dependen*).ti,ab)) AND (VITAMINS/ OR "VITAMIN THERAPY"/ OR (multivitamin*).ti,ab OR ("nutritional supplement*).ti,ab OR ("caloric supplement*).ti,ab OR ("calorie supplement*).ti,ab OR "DIETARY SUPPLEMENTS"/) 65</p> <p>13 PsycINFO (((exp "NUTRITIONAL DEFICIENCIES"/ OR "VITAMIN DEFICIENCY DISORDERS"/) AND (exp "ALCOHOL ABUSE"/ OR ("alcohol dependen*).ti,ab)) AND (VITAMINS/ OR "VITAMIN THERAPY"/ OR (multivitamin*).ti,ab OR ("nutritional supplement*).ti,ab OR ("caloric supplement*).ti,ab OR ("calorie supplement*).ti,ab OR "DIETARY SUPPLEMENTS"/)) [Methodology Meta Analysis OR Systematic Review] 1</p> <p>14 PsycINFO (((exp "NUTRITIONAL DEFICIENCIES"/ OR "VITAMIN DEFICIENCY DISORDERS"/) AND (exp "ALCOHOL ABUSE"/ OR ("alcohol dependen*).ti,ab)) AND (VITAMINS/ OR "VITAMIN THERAPY"/ OR (multivitamin*).ti,ab OR ("nutritional supplement*).ti,ab OR ("caloric supplement*).ti,ab OR ("calorie supplement*).ti,ab OR "DIETARY SUPPLEMENTS"/)) [Methodology Quantitative Study OR Treatment Outcome/Clinical Trial] 10</p>		
Embase SR	<p>15 EMBASE exp "ALCOHOL ABUSE"/ 35941</p> <p>16 EMBASE ("alcohol dependen*).ti,ab 15729</p>	17	0

	<p>17 EMBASE exp "NUTRITIONAL DEFICIENCIES"/ OR "VITAMIN DEFICIENCY DISORDERS"/ 0</p> <p>18 EMBASE VITAMINS/ OR "VITAMIN THERAPY"/ 48708</p> <p>19 EMBASE (multivitamin*).ti,ab 4405</p> <p>20 EMBASE ("nutritional supplement*").ti,ab 6558</p> <p>21 EMBASE ("caloric supplement*").ti,ab 117</p> <p>22 EMBASE ("calorie supplement*").ti,ab 111</p> <p>23 EMBASE "DIETARY SUPPLEMENTS"/ 529</p> <p>24 EMBASE exp "NUTRITIONAL DISORDER"/ 755916</p> <p>25 EMBASE (malnutrition OR malnourishment).ti,ab 42004</p> <p>26 EMBASE exp "ALCOHOL ABUSE"/ OR ("alcohol dependen*").ti,ab 48972</p> <p>27 EMBASE VITAMINS/ OR "VITAMIN THERAPY"/ OR (multivitamin*).ti,ab OR ("nutritional supplement*").ti,ab OR ("caloric supplement*").ti,ab OR ("calorie supplement*").ti,ab OR "DIETARY SUPPLEMENTS"/ 58489</p> <p>28 EMBASE exp "NUTRITIONAL DISORDER"/ OR (malnutrition OR malnourishment).ti,ab 762824</p> <p>29 EMBASE ((exp "ALCOHOL ABUSE"/ OR ("alcohol dependen*").ti,ab) AND (VITAMINS/ OR "VITAMIN THERAPY"/ OR (multivitamin*).ti,ab OR ("nutritional supplement*").ti,ab OR ("caloric supplement*").ti,ab OR ("calorie supplement*").ti,ab OR "DIETARY SUPPLEMENTS"/)) AND (exp "NUTRITIONAL DISORDER"/ OR (malnutrition OR malnourishment).ti,ab) 95</p> <p>30 EMBASE (((exp "ALCOHOL ABUSE"/ OR ("alcohol dependen*").ti,ab) AND (VITAMINS/ OR "VITAMIN THERAPY"/ OR (multivitamin*).ti,ab OR ("nutritional supplement*").ti,ab OR ("caloric supplement*").ti,ab OR ("calorie supplement*").ti,ab OR "DIETARY SUPPLEMENTS"/)) AND (exp "NUTRITIONAL DISORDER"/ OR (malnutrition OR malnourishment).ti,ab)) [Publication types Review] 17</p>		
Embase RCT	<p>Contents 6 of 6 results on EMBASE - (((exp "ALCOHOL ABUSE"/ OR ("alcohol dependen*").ti,ab) AND (VITAMINS/ OR "VITAMIN THERAPY"/ OR (multivitamin*).ti,ab OR ("nutritional supplement*").ti,ab OR ("caloric supplement*").ti,ab OR ("calorie supplement*").ti,ab OR "DIETARY SUPPLEMENTS"/)) AND (exp "NUTRITIONAL DISORDER"/ OR (malnutrition OR malnourishment).ti,ab)) [Clinical trials Clinical Trial OR</p>	6	0

	Randomized Controlled Trial OR Controlled Clinical Trial]				
Medline SR	#	Database	Search term	37	0
	1	Medline	exp "ALCOHOL-RELATED DISORDERS"/		
	2	Medline	("alcohol dependen*").ti,ab		
	3	Medline	exp VITAMINS/		
	4	Medline	(vitamin* OR multivitamins).ti,ab		
	5	Medline	("vitamin therapy").ti,ab		
	6	Medline	("nutritional supplement*").ti,ab		
	7	Medline	("caloric supplement*").ti,ab		
	8	Medline	("calorie supplement*").ti,ab		
	9	Medline	"DIETARY SUPPLEMENTS"/		
	10	Medline	"NUTRITION DISORDERS"/		
	11	Medline	(malnourishment).ti,ab		
	12	Medline	exp "ALCOHOL-RELATED DISORDERS"/ OR ("alcohol dependen*").ti,ab		
	13	Medline	exp VITAMINS/ OR (vitamin* OR multivitamins).ti,ab OR ("vitamin therapy").ti,ab OR ("nutritional supplement*").ti,ab OR ("caloric supplement*").ti,ab OR ("calorie supplement*").ti,ab OR "DIETARY SUPPLEMENTS"/		
	14	Medline	"NUTRITION DISORDERS"/ OR (malnourishment).ti,ab		
	15	Medline	((exp "ALCOHOL-RELATED DISORDERS"/ OR ("alcohol dependen*").ti,ab) AND (exp VITAMINS/ OR (vitamin* OR multivitamins).ti,ab OR ("vitamin therapy").ti,ab OR ("nutritional supplement*").ti,ab OR ("caloric supplement*").ti,ab OR ("calorie supplement*").ti,ab OR "DIETARY SUPPLEMENTS"/)) AND ("NUTRITION DISORDERS"/ OR (malnourishment).ti,ab)		
	16	Medline	((exp "ALCOHOL-RELATED DISORDERS"/ OR ("alcohol dependen*").ti,ab) AND (exp VITAMINS/ OR (vitamin* OR multivitamins).ti,ab OR ("vitamin therapy").ti,ab OR ("nutritional supplement*").ti,ab OR ("caloric supplement*").ti,ab OR ("calorie supplement*").ti,ab OR "DIETARY SUPPLEMENTS"/)) AND ("NUTRITION DISORDERS"/ OR (malnourishment).ti,ab)) [Document type Meta- analysis OR Review] 37		
Medline			((exp "ALCOHOL-RELATED DISORDERS"/ OR ("alcohol dependen*").ti,ab) AND (exp	2	0

RCT	VITAMINS/ OR (vitamin* OR multivitamins).ti,ab OR ("vitamin therapy").ti,ab OR ("nutritional supplement*").ti,ab OR ("caloric supplement*").ti,ab OR ("calorie supplement*").ti,ab OR "DIETARY SUPPLEMENTS"/)) AND ("NUTRITION DISORDERS"/ OR (malnourishment).ti,ab)) [Document type Clinical Trial OR Randomized Controlled Trial] 2		
Summary	NA	NA	

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