



Albumin and pre-albumin are not useful to assess nutrition.

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## Why This Is Unnecessary and Potentially Harmful

- **Prealbumin is not specific – many factors can affect the prealbumin level that are unrelated to nutritional status.<sup>5</sup>**

TABLE 1. **Factors Affecting Prealbumin**

Increased by:	Decreased by:
Exogenous corticosteroids	Acute phase response
NSAIDs	Malnutrition
Renal failure	Liver disease
Dehydration	Thyroid disease
	Hemodilution
	Nephrotic syndrome
	Protein-losing enteropathy
	Acute blood loss

Abbreviations: NSAIDs, nonsteroidal anti-inflammatory drugs

- **Prealbumin is not sensitive – normal prealbumin levels have been seen in studies of patients with mean BMIs as low as 12.9 kg/m<sup>2</sup>.**

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## Why This Is Unnecessary and Potentially Harmful

- **Prealbumin is not consistently responsive to nutritional interventions**
  - A study of patients with Alzheimer's disease and normal CRP levels who had improving physical markers of nutritional status showed no changes in prealbumin.<sup>7</sup>
  - A study of critically ill patients showed no difference in prealbumin in the cohort receiving greater than 60% of their estimated caloric needs as compared to a cohort not meeting that goal.<sup>8</sup>
- **Changes in prealbumin are not consistently correlated with changes in health outcomes.<sup>9</sup>**



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## What You Should Do Instead

- **Work with nutritionists/dieticians at your institution to use nonbiologic methods for screening and diagnosing malnutrition.**
- **The Global Leadership Initiative on Malnutrition agreed on the following clinically relevant diagnostic variables for screening and assessment of malnutrition:**
  - Reduced food intake (anorexia)
  - Nonvolitional weight loss
  - (Reduced) lean mass
  - Status of disease burden and inflammation
  - Low BMI or underweight status

<https://shmpublications.onlinelibrary.wiley.com/pb-assets/assets/15535606/jhmbf01348-sup-0001-1648472193553.ppt>

## Deprescribing: What About Vitamins, Minerals, and Other Nutritional Supplements?

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