ESPEN-ESPGHAN-ECFS guideline on nutrition care for cystic fibrosis.

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European Society for Clinical Nutrition and Metabolism (ESPEN) | European Society for Paediatric Gastroenterology, Hepatology, and Nutrition (ESPGHAN) | European Cystic Fibrosis Society

Wilschanski M, Munck A, Carrion E, et al. ESPEN-ESPGHAN-ECFS guideline on nutrition care for cystic fibrosis. Clin Nutr. 2024 Feb;43(2):413-445. [398 references] PubMed

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Overview

Guideline Objective

To provide updated recommendations on nutrition care for patients with cystic fibrosis (CF)

Patient Population

Infants, children, and adults with CF

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Nutritional assessment and monitoring
- Management of malnutrition (i.e., underweight, obesity), and pancreatic sufficiency, including pancreatic enzyme replacement therapy
- Use of nutritional and mineral supplements, including fat-soluble vitamins, probiotics, and trace elements
- Role of nutrition in pulmonary function and cystic fibrosis transmembrane conductance regulator (CFTR) modulator therapy
- Considerations for feeding infants, toddlers, and children, and nutrition in adults
- Assessment, treatment, and prevention of bone disease
- Management of CF-related diabetes and liver disease, and lung or liver transplantation

Note: Full recommendation statements have not been provided because this guideline does not meet EGT's systematic review of the evidence criteria. Refer to the original guideline for more information.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

- Appendix A: Supplementary Material.

- Standard Operating Procedures for ESPEN Guidelines and Consensus Papers; 2015 Dec.

Implementation Tools

- ESPEN Guidelines App is available for Apple and Android.

Patient Education

No patient education materials available.

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