

Review of: "[Review] Sarcopenia in Coronavirus Disease (COVID-19): All to Know from Basic to Nutritional Interventions from Hospital to Home"

Delia Carmen Nistor Cseppento¹

¹ University of Oradea

Potential competing interests: No potential competing interests to declare.

Sarcopenia can lead to a higher risk of mortality during hospitalisation or disability, falls and functional limitations after discharge. Sarcopenia associated with prolonged hospitalization and lifestyle changes in COVID-19 patients after hospitalization require the institution of a complex treatment, a high-protein diet and a physical training program after discharge. This review aims to review sarcopenia in COVID-19 from basic to clinical science and provide considerations for treatment in and out of hospital. Novelty was found in highlighting the association of sarcopenia with COVID-19 infection and the mechanisms triggering the proximal inflammatory process. For a clarification of the methodology description, we recommend the PRISMA 2020 checklist and flowcharts for the original and updated revisions.

Recommendations: 1. explanation of Figure 3, 2. legend for Table 1, 3. subchapter HealthCare After Hospitalization: figure 1 is figure 4, Conclusions are consistent with the evidence and arguments presented; they answer the study question. The article is well written and easy to understand.