

# Oral Glutamine Supplement as An Hospitalary Routine: Alternative and Dinamic Support in Burn Patients

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## Introduction

Severe burn injury represents a significant issue worldwide, is associated with high disability and mortality rates. [1] Glutamine (GLN) is known to be the most abundant and versatile (nonessential) amino acid under normal healthy status. Nonetheless, GLN is known to be dramatically deficient in burn victims. [2] The clinical nutrition guidelines in various countries recommend that burn patients should be given glutamine. [1]

**Objective:** Propose the oral glutamine supplementation as a viable and feasible support for burn patients in Venezuelan hospitals.

**Methods:** Review carried out through the PubMed and Google Scholar metasearch's engine in the last 3 years (2021-2023) on the use of glutamine supplementation in burn patients and extrapolate those experiences to investigate results in Venezuelan burn patients.

**Results:** There was an improve in terms of less morbidity, mortality and wound healing process on the patients who receive GLN supplementation.

## Discussion And Conclusion

Individual amino acid losses in mg/day over smallest and largest burns show that glutamine and alanine are the aminoacids with the largest losse. [3] In view of the content in the present systematic review, it is possible to affirm that the supplementation of immunomodulators in burn patients is an effective strategy for their treatment, and their adequate nutritional management. Offer may be a predictor of a favorable outcome. <sup>(4)</sup> Glutamine is the most abundant amino acid found in human blood plasma. It is used as a source of energy for the cells to proliferate, including lymphocytes, macrophages, fibroblasts, and epithelial cells. [5]

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## Conflicts of Interest

The author declares no conflicts of interest.

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