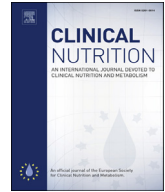




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Letter to the Editor

Estimation of protein requirements for wound healing

Keywords:

Major burn
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We read with interest the original article by Alipoor et al. [1] investigating the effect of collagen and omega-3 fatty acids on wound healing. The authors have shown that adding collagen hydrolysate as part of adjunctive therapy improved wound healing rate and quality. The results of the study are promising not only for the treatment of major burns, but also for other types of wounds including pressure ulcers. However, one point regarding the study design needs further clarification. The authors state that the calorie needs were calculated using Toronto formula and protein needs were assumed to be 20–25% of total calorie [1]. Toronto formula consists of Harris-Benedict equation, burn surface area (%), caloric intake, body temperature, and the number of postburn days. With Harris-Benedict equation, body weight is indirectly included into the formula.

Previous research has shown that the daily protein intake recommended for wounds with high exudate volumes is 1–1.5 gr/kg [2]. Although there was no statistically significant difference in body weight of study participants, the protein requirements should ideally have been calculated individually *per body weight*. Therefore, unless all patients received equal amount of protein per kg of body weight, the positive effects on wound healing attributed to the intervention may actually have occurred due to increased protein intake.

Conclusion: Protein requirements should ideally have been individualized for each patient.

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Author contribution

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Conflict of Interest

The authors have no conflicts of interest to report.

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