

CURRICULUM VITAE

Pascal Tribolet, BSc MSc

Contact information:

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Research interests:

Nutrition research, especially in the field of individual nutrition therapy by malnourished medical patients.

Current position:

- Research associate prae doc at the Medical University Department, Division of General Internal and Emergency Medicine, Kantonsspital Aarau, Switzerland
- Lecturer at the Department of Health Professions, Bern University of Applied Sciences, Switzerland

Higher education:

- Since 2020 PhD student, Department of Nutritional Sciences, University of Vienna
- 2017 Master's degree, Applied Nutrition Medicine, University of Graz
- 2012 Bachelor's degree, Nutrition and Dietetics, Bern University of Applied Sciences, Switzerland

Projects and collaborations:

EFFORT 2-Study: Effect of Continued Nutritional support at Hospital Discharge on Mortality, Frailty, Functional Outcomes and Recovery Trial (EFFORT II): starting in 08/2021

EFFORT II is a pragmatic, single blinded, open label, randomised-controlled, multicenter study in collaboration with nine Swiss Hospitals and founded by the Swiss National Science Foundation and the Research Council of the Kantonsspital Aarau, Switzerland
Prof. Dr. Philipp Schuetz

EFFORT 1-Study: Effect of Early Nutritional Therapy on Frailty, Functional Outcomes and Recovery of Undernourished Medical Inpatients Trial (EFFORT I): starting in 04/2014

EFFORT I is a pragmatic, investigator-initiated, open-label, randomized-controlled, multicentre study in collaboration with eight Swiss hospitals and founded by the Swiss National Science Foundation and the Research Council of the Kantonsspital Aarau, Switzerland
Prof. Dr. Philipp Schuetz

Work experience:

Since 10/2020: Lecturer at the Department of Health Professions, Bern University of Applied Sciences, Switzerland

Since 06/2019: Research associate prae doc at the Medical University Department, Division of General Internal and Emergency Medicine, Kantonsspital Aarau, Switzerland

05/2017-09/2020: Research associate at the Department of Health Professions, Bern University of Applied Sciences, Switzerland

07/2012-05/2017: Dietitian at the hospital in Lachen, Switzerland

Publications:

- Stalder, L., Kaegi-Braun, N., Gressies, C., Gregoriano, C., **Tribolet, P.**, Lobo, D. N., . . . Schuetz, P. (2022). Prospective validation of five malnutrition screening and assessment instruments among medical inpatients: Secondary analysis of a randomized clinical trial. *Clin Nutr*, 41(6), 1307-1315. doi:10.1016/j.clnu.2022.04.025
- **Tribolet, P.**, Kaegi-Braun, N., Gressies, C., Baumgartner, A., Wagner, K.-H., Stanga, Z., & Schuetz, P. (2022). Handgrip Strength Values Depend on Tumor Entity and Predict 180-Day Mortality in Malnourished Cancer Patients. *Nutrients*, 14(10), 2173.
- Bretscher, C., Boesiger, F., Kaegi-Braun, N., Hersberger, L., Lobo, D. N., **Tribolet, P.**, . . . Schuetz, P. (2022). Admission serum albumin concentrations and response to nutritional therapy in hospitalised patients at malnutrition risk: Secondary analysis of a randomised clinical trial. *eClinicalMedicine*, 45. doi:10.1016/j.eclinm.2022.101301
- Kaegi-Braun, N., Boesiger, F., **Tribolet, P.**, Gomes, F., Kutz, A., Hoess, C., . . . Schuetz, P. (2022). Validation of modified GLIM criteria to predict adverse clinical outcome and response to nutritional treatment: A secondary analysis of a randomized clinical trial. *Clinical Nutrition*, 41(4), 795-804. doi:https://doi.org/10.1016/j.clnu.2022.02.009
- Kaegi-Braun, N., Germann, S., Faessli, M., Kilchoer, F., Dragusha, S., **Tribolet, P.**, . . . Schuetz, P. (2022). Effect of micronutrient supplementation in addition to nutritional therapy on clinical outcomes of medical inpatients: results of an updated systematic review and meta-analysis. *European journal of clinical nutrition*. doi:10.1038/s41430-021-01061-7
- Rufener, A., Jent, S., Kurmann, S., **Tribolet, P.**, Zimmermann, I., (2021). Der ernährungstherapeutische Prozess In: Ernährungstherapie – Ein evidenzbasiertes Kompaktlehrbuch (S. 16-23). utb
- Kurmann, S., **Tribolet, P.** (2021). Mangelernährung In: Theobald, Steffen (Hg.) Ernährungstherapie – Ein evidenzbasiertes Kompaktlehrbuch (S. 266-277). utb.
- Baumgartner, A., Pachnis, D., Parra, L., Hersberger, L., Bargetzi, A., **Tribolet, P.**, . . . Schuetz, P. (2021). The impact of nutritional support on malnourished inpatients with aging-related vulnerability. *Nutrition*, 89, 111279. doi:https://doi.org/10.1016/j.nut.2021.111279
- Kaegi-Braun, N., Faessli, M., Kilchoer, F., Dragusha, S., **Tribolet, P.**, Gomes, F., . . . Schuetz, P. (2021). Nutritional trials using high protein strategies and long duration of support show strongest clinical effects on mortality.: Results of an updated systematic review and meta-analysis. *Clin Nutr ESPEN*, 45, 45-54. doi:https://doi.org/10.1016/j.clnesp.2021.08.003
- Bargetzi, L., Brack, C., Herrmann, J., Bargetzi, A., Hersberger, L., **Tribolet, P.**, . . . Schuetz, P. (2021). Nutritional support during the hospital stay reduces mortality in patients with

different types of cancers: secondary analysis of a prospective randomized trial. *Ann Oncol*. doi:10.1016/j.annonc.2021.05.793

- Hersberger, L., Dietz, A., Bürgler, H., Bargetzi, A., Bargetzi, L., **Tribolet, P.**, . . . Schuetz, P. (2021). Individualized Nutritional Support for Hospitalized Patients With Chronic Heart Failure. *J Am Coll Cardiol*, 77(18), 2307-2319. doi:10.1016/j.jacc.2021.03.232
- **Tribolet, P.**, Kaegi-Braun, N., Baumgartner, A., Fehr, R., Baechli, V., Geiser, M., . . . Schuetz, P. (2021). Value of handgrip strength to predict clinical outcomes and therapeutic response in malnourished medical inpatients: Secondary analysis of a randomized controlled trial. *Am J Clin Nutr*. doi:10.1093/ajcn/nqab042
- Bargetzi, A., Emmenegger, N., Wildisen, S., Nickler, M., Bargetzi, L., **Tribolet, P.**, . . . Schuetz, P. (2021). Admission kidney function is a strong predictor for the response to nutritional support in patients at nutritional risk. *Clin Nutr*, 40(5), 2762-2771. doi:10.1016/j.clnu.2021.03.013
- Efthymiou, A., Hersberger, L., Reber, E., Schönenberger, K. A., Kägi-Braun, N., **Tribolet, P.**, . . . Stanga, Z. (2021). Nutritional risk is a predictor for long-term mortality: 5-Year follow-up of the EFFORT trial. *Clin Nutr*, 40(4), 1546-1554. doi:10.1016/j.clnu.2021.02.032
- Baumgartner, A., Hasenboehler, F., Cantone, J., Hersberger, L., Bargetzi, A., **Tribolet, P.**, . . . Schuetz, P. (2020). Effect of nutritional support in patients with lower respiratory tract infection: Secondary analysis of a randomized clinical trial. *Clin Nutr*. doi:10.1016/j.clnu.2020.10.009
- Mueller, M., Braun, N. K., Baumgartner, A., **Tribolet, P.**, Stanga, Z., & Schütz, P. (2020). Individuelle, evidenzbasierte Ernährung des medizinischen Spitalpatienten: Wo stehen wir heute? *Aktuelle Ernährungsmedizin*, 45(05), 356-362. doi:10.1055/a-1142-6360
- Kaegi-Braun, N., **Tribolet, P.**, Gomes, F., Fehr, R., Baechli, V., Geiser, M., . . . Schuetz, P. (2020). Six-month outcomes after individualized nutritional support during the hospital stay in medical patients at nutritional risk: Secondary analysis of a prospective randomized trial. *Clin Nutr*. doi:10.1016/j.clnu.2020.08.019
- Baumgartner, A., Kägi-Braun, N., **Tribolet, P.**, Gomes, F., Stanga, Z., & Schuetz, P. (2020). Individualised nutritional support in medical inpatients - a practical guideline. *Swiss Med Wkly*, 150, w20204. doi:10.4414/smw.2020.20204
- **Tribolet, P.**, & Schuetz, P. (2020). Hat eine Ernährungstherapie im Krankenhaus wirklich einen Einfluss auf die Sterblichkeit? *Nutrition News* (1/20), 1-5.
- Merker, M., Felder, M., Gueissaz, L., Bolliger, R., **Tribolet, P.**, Kägi-Braun, N., . . . Schuetz, P. (2020). Association of Baseline Inflammation With Effectiveness of Nutritional Support Among Patients With Disease-Related Malnutrition: A Secondary Analysis of a Randomized Clinical Trial. *JAMA Netw Open*, 3(3), e200663. doi:10.1001/jamanetworkopen.2020.0663
- Friedli, N., Baumann, J., Hummel, R., Kloter, M., Odermatt, J., **Tribolet, P.**, . . . Schuetz, P. (2020). Refeeding syndrome is associated with increased mortality in malnourished medical inpatients: Secondary analysis of a randomized trial. *Medicine (Baltimore)*, 99(1), e18506. doi:10.1097/md.00000000000018506

- Hersberger, L., Bargetzi, L., Bargetzi, A., **Tribolet, P.**, Fehr, R., Baechli, V., . . . Schuetz, P. (2019). Nutritional risk screening (NRS 2002) is a strong and modifiable predictor risk score for short-term and long-term clinical outcomes: secondary analysis of a prospective randomised trial. *Clin Nutr.* doi:10.1016/j.clnu.2019.11.041
- Merker, M., Amsler, A., Pereira, R., Bolliger, R., **Tribolet, P.**, Braun, N., . . . Schuetz, P. (2019). Vitamin D deficiency is highly prevalent in malnourished inpatients and associated with higher mortality: A prospective cohort study. *Medicine (Baltimore)*, 98(48), e18113. doi:10.1097/md.00000000000018113
- Schuetz, P., Fehr, R., Baechli, V., Geiser, M., Deiss, M., **Tribolet, P.**, . . . Mueller, B. (2019). Individualised nutritional support in medical inpatients at nutritional risk: a randomised clinical trial. *Lancet*, 393(10188), 2312-2321. doi:10.1016/s0140-6736(18)32776-4
 - SGAIM-Preis für die beste wissenschaftliche Originalarbeit 2019
- Schuetz, P., Fehr, R., Baechli, V., Geiser, M., Gomes, F., **Tribolet, P.**, . . . Mueller, B. (2018). Design and rationale of the effect of early nutritional therapy on frailty, functional outcomes and recovery of malnourished medical inpatients trial (EFFORT): a pragmatic, multicenter, randomized-controlled trial. *International Journal of Clinical Trials*, 5(3), 1-9. doi:10.18203/2349-3259.ijct20182085
- Friedli, N., Fehr, R., **Tribolet, P.**, & Schuetz, P. (2017). Können wir klinische Outcomes der internistischen Patienten mit Ernährungstherapie verbessern? *internistische praxis*, 57, 1-8.
- **Tribolet, P.**, Fehr, R., Bächli, V., Geiser, M., Toplak, H., Stanga, Z., & Schuetz, P. (2017). Was sind Barrieren der Ernährungstherapie bei mangelernährten, hospitalisierten Patienten der Inneren Medizin? *Aktuel Ernährungsmed*, 42(03), 167-179. doi:10.1055/s-0043-109233

Presentations:

- 10/2022: **Jahrestagung der DGHO 2022, Wien (AT)**
Ernährungssubstitution in der Palliativmedizin
- 06/2022: **Posterpresentation- Nutrition 2022, Bremen (DE)**
Handgrip strength values depend on tumor entity and predict 180-day mortality in malnourished cancer patients
- 09/2021: **Nestlé Health Science ESPEN-Schweiz, Solothurn (CH)**
Value of handgrip strength to predict clinical outcomes and therapeutic response in malnourished medical inpatients: secondary analysis of a randomized controlled trial
- 06/2021: **Nutrition 2021, online**
Ernährungstherapie bei Mangelernährung während und nach dem Spitalaufenthalt
- 06/2021: **Nutrition 2021, Nestlé Health Science Symposium, online**
Value of handgrip strength to predict clinical outcomes and therapeutic response in malnourished medical inpatients: secondary analysis of a randomized controlled trial
- 06/2021: **Abbott Live-Webinar**
Mehr Muskeln- Mehr Kraft zum Leben
- 05/2021: **Spital/Reha-ERB Tag, online**

EFFORT-Studie und Umsetzung der Resultate in der Klinik inkl. Diskussion

- 04/2021: **Weiterbildung Ernährungsmedizin Inselspital, online**
Prognostische Aussagekraft der Faustschlusskraft bei mangelernährten Spitalpatienten- Sekundäranalyse der randomisierten EFFORT-Studie
- 11/2020: **Abbott Live-Webinar**
Evidence Based Nutrition- Von der Theorie zur Praxis
- 09/2020: **ESPEN-Schweiz Event, Solothurn (CH)**
Value of handgrip strength to predict clinical outcomes and therapeutic response in malnourished medical inpatients: Secondary analysis of a randomized controlled trial
- 05/2020: **Nestlé Health Science Video-Symposium, Webinar**
Mangelernährungsmanagement- Eine evidenzbasierte Praxisanleitung
- 11/2019: **Fachkongress Ernährung, Nährstoffe, Prävention, Baden-Baden (DE)**
Personalisierte Ernährung der Patienten im Krankenhaus
- 03/2019: **Nutridays 2019, Nestlé Health Science-Symposium, Bern (CH)**
Ernährungstherapie im Spital- Lohnt sich der EFFORT?
- 11/2018: **Berner Symposium & GESKES-Zertifikatskurs 2018, Bern (CH)**
Ergebnisse der multizentrischen EFFORT-Studie- Evidenz in der Ernährungsmedizin: Facts
- 03/2018: **Nutridays 2018, Abbott-Symposium, Biel (CH)**
Das Geheimnis Ihrer Muskeln- Die Bedeutung der Muskelmasse für die Ernährung und Ihre Patienten
- 10/2017: **AKE- Herbsttagung 2017, Schladming (AT)**
Oral Nutritional Supplements (ONS) in der Akutphase und nach Spitalentlassung
- 06/2017: **Posterpresentation- Nutrition 2017, Zürich (CH)**
Was sind Barrieren der Ernährungstherapie bei mangelernährten, hospitalisierten Patienten der Inneren Medizin?
- eine Substudie des EFFORT-Trials
- 09/2016: **Schweizerische Adipositasstiftung- SAPS-Tag 2016, Zürich (CH)**
Ernährung nach bariatrischen Operationen
- 01/2016: **SVDE- Endokrinologie und Stoffwechsel Update plus 2016, Zürich (CH)**
Ernährungsdiagnosen bei endokrinologischen Erkrankungen
- 11/2015: **SVDE- Endokrinologie und Stoffwechsel Update 2015, Zürich (CH)**
ET beim metabolischen Syndrom – eine Herausforderung für Klient und Beratende
- 03/2012: **Posterpräsentation- Nutridays 2012, Lausanne (CH)**
Evaluation vom Ernährungstherapeutischen Prozess

Additional activities:

- Since 2022: Member of the Board of the Society for Clinical Nutrition in Switzerland
- Since 2020: “In a Nutshell” Expert: The knowledge platform for general practitioners