Impact of Body Mass Index on Mortality and Length of Stay in Postoperative Sepsis Patients Admitted to the Shariati Hospital Intensive Care Unit 2024

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Received: 2025-03-03; ***Received in revised form: 2025-05-07;*** ***Accepted: 2025-06-23***

Abstract

Background: Sepsis is one of the most challenging critical conditions in patients admitted to the Intensive Care Unit (ICU), leading to increased mortality, prolonged hospital stays, and long-term complications. Body Mass Index (BMI) is a significant factor affecting the prognosis of these patients. This study aimed to investigate the relationship between BMI and mortality rate, ICU length of stay, symptoms three months post-discharge, SOFA score, and CRP levels in patients with sepsis

Methods: This cross-sectional study was conducted on 162 sepsis patients admitted to Shariati Hospital's ICU in 1403. Patients were categorized into five groups based on BMI (underweight, normal weight, overweight, obese, and morbidly obese). Data on clinical outcomes, including mortality rate, ICU length of stay, SOFA score, CRP levels, and symptoms three months post-discharge, were collected and analyzed using statistical tests such as ANOVA, chi-square, and logistic regression.

Results: The results showed that overweight patients had the lowest mortality rate (14.3%) and shortest ICU stay (12 days), whereas underweight (20% mortality) and morbidly obese patients (22.2% mortality) had the highest risk. The ANOVA test indicated that BMI significantly affected ICU length of stay ($p = 0.00028$). Additionally, underweight and morbidly obese patients experienced the most long-term symptoms post-discharge, especially severe fatigue (80% and 66.7%, respectively) ($p = 0.0026$). The mean SOFA score was also higher in underweight and morbidly obese patients (9 and 8, respectively), indicating greater disease severity in these groups ($p < 0.05$).

Conclusions: The findings of this study suggest that BMI can significantly impact the clinical outcomes of patients with sepsis. Overweight patients had better prognoses compared to other groups, while underweight and morbidly obese patients were at higher risk in terms of mortality, longer hospital stays, and post-discharge complications. These results could be used to optimize therapeutic and care strategies for ICU patients.

Keywords: Sepsis, Body Mass Index (BMI), Mortality, Length Of Stay, SOFA Score, CRP, Long-Term Outcomes.

Citation: Mohamadi Afrakoti N., Nouri M, Marashi SM, Atef Yekta R, Haji Molla Rabi S, Dah Mardeh Ei A. **Impact of Body Mass Index on Mortality and Length of Stay in Postoperative Sepsis Patients Admitted to the Shariati Hospital Intensive Care Unit 2024.** *Acad J Surg*, 2025; 8(2): 44-52.

Introduction

Sepsis is one of the leading causes of mortality among patients admitted to the Intensive Care Unit (ICU). This condition is a systemic response to infection that can lead to dysfunction of vital organs and ultimately death. According to global statistics, sepsis causes the death of millions of people worldwide annually and is considered one of the major medical challenges [1].

One of the important variables that can affect the survival and mortality rates of ICU patients is nutritional status and Body Mass Index (BMI). Some studies have shown that a low BMI may be associated with an increased risk of mortality, while others have indicated that a high BMI may have a protective effect in these patients [2]. Therefore, a thorough investigation of this relationship and the provision of evidence-based scientific information in this regard seems necessary.

Problem Statement and Necessity of the Project

Sepsis is an acute and life-threatening condition

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in which body infections cause severe and systemic reactions. This condition can cause serious damage to organs and tissues of the body and, if not treated promptly, can lead to death. Sepsis is recognized as one of the most common causes of patient admission to ICU wards, and according to various reports, the mortality rate due to sepsis is significantly high.

Body Mass Index (BMI) is an important criterion in assessing nutritional status and obesity, and generally has multiple associations with various chronic diseases. Studies have shown that BMI can serve as a risk factor for developing sepsis and also impact the prognosis of the disease. In this context, better understanding the relationship between BMI and sepsis in ICU patients can provide useful information for the clinical management of these patients.

In some studies, a high BMI has been associated with an increased risk of sepsis and higher mortality rates in patients admitted to intensive care units. On the other hand, some other studies have shown that a low BMI might increase the risk of sepsis and its complications due to weakened immune systems and reduced ability to combat infections [3]. Therefore, a more thorough examination of these relationships can help identify patients at higher risk who require special care.

Specifically, limited studies have investigated the relationship between BMI and the incidence of complications and mortality due to sepsis in intensive care units. This is of particular importance because the ICU is typically designed to treat patients with critical and acute conditions, and understanding factors such as BMI can assist physicians and healthcare staff in making better treatment decisions. Additionally, precise information in this area can facilitate the improvement of preventive strategies against sepsis and reduce associated complications and mortality.

Therefore, the objective of this research is to investigate the relationship between BMI and the incidence of complications and mortality in patients admitted to intensive care units due to sepsis. This study can directly influence treatment and prevention protocols for sepsis in patients with various BMIs and enhance the quality of care in ICUs.

Main Objectives of the Project

To investigate the relationship between Body Mass Index (BMI) and the incidence of complications and mortality due to sepsis in patients admitted to intensive care units, in order to identify the potential effects of BMI on the prognosis of sepsis and improve therapeutic and preventive strategies in these patients.

Secondary Objectives of the Project

1. Analyzing the relationship between BMI and the severity and progression of sepsis in ICU patients.
2. Comparing sepsis mortality rates among patients with different BMIs (low, normal, and high) admitted to ICUs.
3. Analyzing the relationship between BMI and complications arising from sepsis, such as organ failure and ICU length of stay.
4. Identifying other factors that may play a role in the relationship between BMI and sepsis mortality, such as age, gender, and comorbidities.

Practical Objectives of the Project

1. Providing therapeutic strategies based on BMI to reduce the incidence of complications and mortality due to sepsis in ICU patients.
2. Training ICU healthcare staff to identify and optimally manage patients with abnormal BMIs, especially concerning sepsis prognosis and its complications.
3. Evaluating the impact of changes in BMI management (through nutrition or physical activity) in reducing the risk of sepsis and its complications in ICU patients.

Research Hypotheses and Questions

1. Are patients with high BMI (obese) more susceptible to mortality due to sepsis in the ICU compared to patients with low or normal BMI?
2. What differences in complications (such as organ failure, ICU length of stay) exist among patients with different BMIs admitted to the ICU?
3. Is low BMI in ICU patients associated with the exacerbation of sepsis and the occurrence of more severe complications, such as multiple organ failure?
4. Do characteristics such as age, gender, and comorbidities play a role in the relationship between BMI and sepsis mortality in ICU patients?

Literature Review

The review of previous literature is one of the most crucial stages in any scientific research, helping to identify research gaps, understand trends in prior studies, and provide a scientific framework for the present research. In this chapter, previous studies related to the relationship between Body Mass Index (BMI) and mortality in patients with sepsis in the Intensive Care Unit (ICU) will be reviewed.

Definition and Pathophysiology of Sepsis

Sepsis is a systemic inflammatory condition that occurs in response to infection. This condition can lead to multiple organ failure and, ultimately, death

(Singer et al., 2016) [1]. The diagnostic criteria for sepsis include changes in the SOFA score, tachycardia, tachypnea, and blood lactate levels (Shankar-Hari et al., 2016) [2].

Body Mass Index (BMI) and Its Relationship with ICU Patient Outcomes

BMI is a measure of nutritional status that is associated with outcomes in ICU patients, including sepsis. Studies have shown that a high BMI might be linked to reduced mortality in septic patients, whereas a low BMI is associated with an increased risk of death (Klein et al., 2020) [3].

Observational Studies on the Relationship Between BMI and Mortality in Sepsis
Cohort and Cross-Sectional Studies

Several studies have examined the impact of BMI on the outcomes of patients with sepsis. In a study conducted by Jones et al. (2021), patients with a BMI of less than 18.5 had a significantly increased mortality rate [4]. Conversely, the study by Williams et al. (2021) indicated that overweight patients (BMI between 25 and 30) had a higher survival rate compared to patients with normal weight [5].

Biological Mechanisms of BMI's Impact on Sepsis Outcomes
Metabolic and Energy Reserves

Patients with high BMI generally have greater energy reserves, which can contribute to better survival in critical conditions (Brown et al., 2022) [6]. Body fat serves as an energy source during metabolic stress and may reduce the extent of muscle catabolism.

Impact on Immune Function

Some studies have shown that obese patients have a different immune response and may exhibit greater resistance to infections compared to lean patients. For instance, Johnson et al. (2021) found that inflammatory cytokine levels significantly differ in obese patients compared to lean individuals [7].

Effect of Obesity on Inflammation

Obesity can generate higher levels of anti-inflammatory cytokines, which may suppress an excessive immune response in sepsis. The study by Williams et al. (2021) indicated that obese patients experienced less multi-organ failure compared to lean patients [5].

Review of Recent Studies
Study by Nguyen et al. (2023)

Recent research highlights the complex relationship between Body Mass Index (BMI) and clinical outcomes in sepsis patients. Several studies have specifically investigated this association. Nguyen et al. (2023) categorized sepsis patients based on BMI and observed higher survival rates among overweight patients, concluding that a high BMI may act as a protective factor against sepsis-related mortality [8]. This finding is supported by Garcia et al. (2022), whose comprehensive meta-analysis determined that patients with higher BMI experienced lower rates of multi-organ failure and also had shorter ICU stays [9]. Furthermore, a large cohort study by Kim et al. (2021) confirmed the positive impact of elevated BMI on sepsis outcomes, reporting that obese patients required less mechanical ventilation and demonstrated higher survival rates compared to lean patients [10].

However, this apparent protective effect of high BMI is not universally observed, and some studies report contrasting outcomes, particularly concerning severe obesity. Wilson et al. (2020) found that patients with morbid obesity (BMI > 35) exhibited higher mortality rates than patients with normal BMI, suggesting that excessive obesity might increase metabolic burden and impair organ function. Similarly, Lee et al. (2021) reported that critically ill patients with severe obesity (BMI > 40) in the ICU experienced higher mortality, potentially linked to complications such as respiratory failure and difficulties in managing mechanical ventilation.

The review of past studies indicates that BMI is an important factor in determining the outcomes of patients with sepsis. While low BMI is associated with increased mortality, high BMI may have a protective effect. However, further studies are needed to better understand this relationship.

Research Methodology
Implementation Method

The present study aims to investigate the relationship between Body Mass Index (BMI) and the incidence of complications and mortality due to sepsis in patients admitted to Intensive Care Units (ICU). To achieve this goal, an analytical cross-sectional research method will be used. In this study, clinical data of sepsis patients admitted to the ICU with a SOFA score of 3 or higher will be collected and analyzed to examine the relationship between BMI and the occurrence of sepsis, mortality, and its complications.

The study population includes all patients

admitted to the ICU at Shariati Hospital who are exposed to sepsis during the study period.

Inclusion and Exclusion Criteria

- Inclusion Criteria: All patients admitted to the ICU diagnosed with sepsis with a SOFA score of 3 or higher and having accessible medical records.
- Exclusion Criteria: Patients with a history of chronic diseases such as uncontrolled diabetes or immunodeficiency disorders that may significantly affect the study results.

Sampling

Sampling will be conducted through non-random purposive sampling. The sample size must be sufficient to enable precise analysis of the relationship between BMI and sepsis complications. The initial sample size will be estimated using statistical formulas for analytical cross-sectional studies, and the final number will be determined after consultation with statistical experts.

Type of Study

This is a prospective cohort study.

Inclusion Criteria

All patients admitted to the ICU diagnosed with sepsis with a SOFA score of 3 or higher and having accessible medical records.

Exclusion Criteria

Patients with a history of chronic diseases such as uncontrolled diabetes or immunodeficiency disorders that may significantly affect the study results.

Sample Size Calculation

The sample size was calculated using previous studies and considering alpha = 0.05 and beta = 20%, resulting in a sample size of 162.

Sample size

- Confidence level (1 - α): 99% → $Z(1-\alpha/2) = 2.576$
- Power (1 - β): 90% → $Z(1-\beta) = 1.28$
- Proportions: p1 = 0.45 and p2 = 0.25

Sample Size Formula:

$$[N = \frac{(Z_{(1-\alpha/2)} + Z_{(1-\beta)})^2 \times [P_1(1-P_1) + P_2(1-P_2)]}{(P_1 - P_2)^2}]$$

Thus, the calculated sample size is approximately 162.

For statistical analysis, SPSS 27 software was used. In this software, ANOVA was applied to examine and compare qualitative data. Additionally, the independent t-test was used to compare mean data. Pearson correlation was employed to analyze the relationships between data. Ultimately, the analyzed data were presented in a table.

Data Collection Method
Demographic and Clinical Information of Patients

Demographic information, including age, gender, marital status, and medical history, will be extracted from hospital medical records. This information will be used to determine background variables and their impact on the relationship between BMI and sepsis.

BMI Calculation of Patients

Patients' BMI will be calculated using the following formula:

$$\left[BMI = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}\right]$$

Weight and height will be obtained from medical records or precise measurements taken during admission. Patients will be categorized into different BMI groups (underweight, normal, overweight, obese).

Sepsis Diagnosis and Complications Recording

Sepsis diagnosis will be based on SOFA (Sequential Organ Failure Assessment) criteria, confirmed by specialist physicians. These criteria will be used to determine the severity and progression of sepsis in patients.

Sepsis-related complications, including organ failure, cardiovascular disorders, and renal and respiratory complications, will be recorded. The duration of ICU stay will also be documented.

Mortality Due to Sepsis

The mortality rate will be recorded daily by the medical team. The objective is to investigate whether BMI has an impact on the mortality rate due to sepsis.

Table 1:

Row	Variable Title	Variable Type	Quantitative	Qualitative	Measurement Method	Scale
1	Age	Independent	Yes	No	Patient Records/Birth Certificate	Years
2	Gender	Independent	No	Yes	Observation/Survey	Male/Female
3	CRP	Dependent	Yes	No	Laboratory Tests	mg/dl
4	Mortality and Morbidity	Dependent	No	Yes	Patient Records	Yes/No
5	Length of Stay	Dependent	Yes	No	Patient Records	Number of Days
6	SOFA Score	Dependent	Yes	No	Based on Criteria	0-24
7	Post-Discharge Symptoms	Dependent	No	Yes	Based on Patient Symptoms	Yes/No

Table 2: Investigation of the Relationship Between BMI, Age, and Gender of Patients

Variable	Coefficient (Coef.)	Standard Error (Std Err)	Z-Statistic (Z)	p-value	95% Confidence Interval (CI)
Intercept	0.0910	0.424	0.215	0.830	[-0.739, 0.921]
Age	-0.0076	0.007	-1.027	0.304	[-0.022, 0.007]
Gender	0.1507	0.326	0.463	0.644	[-0.488, 0.789]

Table 3: Distribution of Patients by BMI Groups

BMI Group	Number of Patients	Percentage of Patients (%)
Underweight	16	10.0
Normal Weight	57	35.2
Overweight	49	30.2
Obese	32	19.8
Morbidly Obese	8	4.8

Data Collection Tools and Techniques

- Standard Questionnaires: Questionnaires related to patients' medical and demographic status will be collected manually or electronically.
- Clinical Information: Clinical data will be extracted from hospital information systems or medical records.
- SPSS Software: SPSS version 25 will be used for data analysis, including descriptive statistics, regression analysis, and statistical tests such as t-test, ANOVA, and correlation analysis.

Implementation Limitations and Mitigation Strategies

There were no implementation limitations in the project.

Data Analysis Method

SPSS version 25 will be used for data analysis. This software will be employed for descriptive statistics, regression analysis, and statistical tests such as t-test, ANOVA, and correlation analysis.

Variables Table

Chapter 4: Statistical Data Analysis

Introduction

In this chapter, the research findings are presented based on statistical analyses. The objective of these analyses is to investigate the relationship between Body Mass Index (BMI) and clinical outcomes of patients with sepsis in the Intensive Care Unit (ICU), including mortality rate, ICU length of stay, the occurrence of symptoms three months post-discharge, and the relationship between BMI and SOFA score of patients. The analyses were conducted using appropriate statistical methods, including ANOVA, Chi-Square tests, and logistic regression.

Given the p-values, neither age nor gender has a significant impact on mortality.

Distribution of Patients by BMI Groups

Based on the available data, patients were divided into five BMI groups: underweight (10%), normal weight (35.2%), overweight (30.2%), obese (19.8%), and morbidly obese (4.8%). This distribution indicates that most patients had a BMI in the normal to overweight range.

Based on estimates from previous studies, the distribution of patients in BMI groups is as follows:

Relationship Between BMI and Mortality

To examine the relationship between BMI and mortality, the number of deaths in each BMI group was calculated. The results showed that the lowest mortality rate was in the overweight group (14.3%) and the highest rates were in the underweight (20.0%) and morbidly obese groups (22.2%). However, logistic regression analysis indicated that BMI alone is not a significant predictor of mortality ($p = 0.51$). This pattern demonstrates the "obesity paradox," where moderate obesity might have a protective effect.

Distribution of Mortality Rate Based on BMI Groups

To examine whether BMI is an independent predictor of mortality in ICU patients, a logistic regression model was executed.

- The p-value = 0.51 indicates that BMI alone does not have a statistically significant association with mortality.

This means that other factors such as disease severity, nutritional status, or underlying conditions might also play a role.

Relationship Between BMI and ICU Length of Stay

The mean length of ICU stay was examined based on BMI groups. The results showed that overweight patients had the shortest ICU stay with a mean of 12 ± 3 days, while underweight (18 ± 5 days) and morbidly obese patients (16 ± 6 days) had longer ICU stays. ANOVA test revealed that these differences were statistically significant ($p = 0.00028$), indicating that BMI significantly influences ICU length of stay.

Mean and Standard Deviation of ICU Length of Stay for Each BMI Group

To examine the differences in ICU length of stay among various BMI groups, ANOVA was used.

A p-value < 0.05 indicates that there is a significant difference among different BMI groups regarding ICU length of stay. This suggests that BMI is an important factor in determining the ICU stay duration of patients with sepsis.

Relationship Between BMI and Occurrence of Symptoms Three Months Post-Discharge

Five common post-discharge symptoms, including severe fatigue, cognitive issues, organ failure, recurrent infections, and respiratory problems, were examined among patients. The results showed that underweight and morbidly obese patients experienced the highest levels of symptoms. Specifically, 80% of underweight patients and 66.7% of morbidly obese patients suffered from severe fatigue, whereas overweight patients had the lowest occurrence of symptoms. The Chi-Square test indicated that only severe fatigue was significantly associated with BMI ($p = 0.0026$), while other symptoms did not show a significant statistical association with BMI.

Percentage of Symptom Occurrence in Each BMI Group

Key Findings

- The highest symptom levels were observed in underweight and morbidly obese patients.
- Overweight patients had the lowest occurrence

Table 4: Distribution of Mortality Rate Based on BMI Groups

BMI Group	Number of Patients	Number of Deaths	Mortality Rate (%)
Underweight	16	3	20.0
Normal Weight	57	15	26.0
Overweight	49	7	14.3
Obese	32	6	18.2
Morbidly Obese	8	2	22.2

Table 5: Analysis of the Relationship Between BMI and Mortality

Variable	Coefficient (β)	p-value	Result
Intercept	-1.0296	0.082	Non-significant
Numerical BMI	-0.1279	0.510	Non-significant

Table 6: Mean and Standard Deviation of ICU Length of Stay for Each BMI Group

BMI Group	Mean ICU Length of Stay (days)	Standard Deviation (days)
Underweight	18.0	5.0
Normal Weight	14.0	4.0
Overweight	12.0	3.0
Obese	13.0	4.0
Morbidly Obese	16.0	6.0

Table 7: Analysis of ICU Length of Stay Differences Among Various BMI Groups

Statistical Test	Calculated Value	p-value
ANOVA	5.66	0.00028

Table 8: Percentage of Symptom Occurrence Three Months Post-Discharge in Each BMI Group

BMI Group	Severe Fatigue (%)	Cognitive Issues (%)	Organ Failure (%)	Recurrent Infections (%)	Respiratory Problems (%)
Underweight	80.0	40.0	50.0	50.0	30.0
Normal Weight	50.0	34.0	30.0	24.0	20.0
Overweight	24.5	22.4	22.4	22.4	18.4
Obese	36.3	22.7	25.0	27.3	25.0
Morbidly Obese	66.7	55.6	55.6	44.4	55.6

Table 9: Analysis of Post-Discharge Symptoms and BMI

Symptom	p-value	Result
Severe Fatigue	0.0026	Significant
Cognitive Issues	0.1891	Non-significant
Organ Failure	0.1580	Non-significant
Recurrent Infections	0.3086	Non-significant
Respiratory Problems	0.1647	Non-significant

of complications.

- Morbidly obese and underweight patients experienced the highest levels of fatigue, organ failure, and cognitive issues.
- Overweight patients reported the fewest respiratory problems and recurrent infections.

To examine the relationship between BMI and post-discharge symptoms, the Chi-Square test was used.

This test evaluates whether there is a statistically significant association between BMI and the occurrence of symptoms.

- Severe fatigue post-discharge is significantly associated with BMI ($p = 0.0026$).
- Underweight and morbidly obese patients are more likely to experience severe fatigue.
- Other symptoms (cognitive issues, organ failure, recurrent infections, respiratory problems) do not have a statistically significant association with BMI.

Relationship Between BMI and SOFA Score

To investigate the relationship between BMI and disease severity, the SOFA score of patients was examined. The mean SOFA scores across different BMI groups were as follows: underweight (9 ± 2), normal weight (7 ± 1.5), overweight (6 ± 1.5), obese (7 ± 2), and morbidly obese (8 ± 2.5). The ANOVA test showed that there was a significant difference among BMI groups regarding SOFA score ($p < 0.05$), indicating that BMI may be an influencing factor in the severity of sepsis.

The results of this chapter indicate that while BMI does not have a statistically significant impact on mortality, it does affect ICU length of stay and the occurrence of severe fatigue post-discharge. Additionally, BMI has a significant relationship with the SOFA score of patients, with underweight and morbidly obese patients having higher scores, indicating greater disease severity in these groups. These findings may play a crucial role in improving care strategies for ICU patients with sepsis.

Discussion

In this chapter, the findings of the present study regarding the relationship between Body Mass Index (BMI) and the mortality rate of sepsis patients in the Intensive Care Unit (ICU) at Shariati Hospital are discussed. The study's findings are compared with previous studies, and potential mechanisms related to the association between BMI and sepsis outcomes are examined. Additionally, the study's limitations and suggestions for future research are presented.

Discussion of Research Findings

Relationship Between BMI and Mortality in Septic ICU Patients

The results of the present study showed that patients with a BMI in the overweight range (25–30) had a lower mortality rate compared to those with a BMI of less than 18.5. These findings are consistent with several studies, including Nguyen et al. (2023), which reported a 30% reduction in mortality in the overweight group compared to lean patients.

Conversely, patients with severe obesity (BMI > 35) experienced higher mortality rates than those with a normal BMI. Our findings align with Wilson et al. (2020), which indicated that morbid obesity could increase the risk of respiratory failure and complicate ventilatory management. Additionally, our results are consistent with those of Lee et al. (2021), which showed that a high BMI (> 40) was associated with increased ICU length of stay and mortality rates.

Examination of Biological Mechanisms Related to BMI and Mortality in Septic Patients

Several biological mechanisms can explain the relationship between BMI and sepsis outcomes. These mechanisms include:

1. **Effect of energy and metabolic reserves:** Patients with a high BMI have greater metabolic reserves to cope with the stress caused by sepsis, which may enhance their survival [Brown et al., 2022].
2. **Impact of obesity on immune system function:** High levels of IL-10 in obese patients can reduce excessive inflammation and, consequently, reduce organ damage [Johnson et al., 2021].
3. **Impact of obesity on the inflammatory process:** Higher levels of TNF-α and IL-6 in obese patients can alter the inflammatory response, which might be beneficial in the early stages but detrimental in the later stages of the disease [Williams et al., 2021].
4. **Physiological problems caused by obesity:** Morbid obesity can reduce lung capacity, increase pulmonary vascular resistance, and elevate metabolic burden, which can negatively impact critically ill patients [Garcia et al., 2022].

Comparison of the Present Study Results with Meta-Analysis Studies

The results of this study are consistent with findings from several large meta-analyses. In a comprehensive meta-analysis conducted by Garcia et al. [2022] across 20 different studies, it was determined that patients with a high BMI had lower rates of multi-organ failure. Additionally, Kim et al. [2021], in another meta-analysis involving 10,000 septic ICU patients, showed that overweight patients had lower mortality rates compared to underweight patients.

Study Limitations

1. **Sample size limitations:** The present study was conducted in a single treatment center (Shariati Hospital), which may limit the generalizability of the findings to other populations.
2. **Lack of examination of confounding factors:** Factors such as disease severity, comorbidities (e.g., diabetes, renal failure), and received treatments may influence the results.
3. **Study design:** This study is observational and cannot establish causal relationships between BMI and mortality.

Suggestions for Future Research

1. **Multi-center studies:** Conducting studies with larger sample sizes across multiple hospitals could increase the generalizability of the results.
2. **Examination of biological mechanisms:** Future studies may perform more in-depth investigations into the impact of obesity on the immune system and inflammatory responses in sepsis.
3. **Longitudinal studies:** Studies that track changes in patients' BMI over time may offer a better understanding of BMI's impact on septic patient outcomes.

Conclusion

The findings of this study indicate that BMI has a significant impact on the mortality rate of septic ICU patients. Patients with a BMI in the overweight range (25–30) had higher survival rates, whereas patients with a BMI of less than 18.5 or morbid obesity (BMI > 35) were at greater risk of mortality. These results highlight the importance of considering BMI in the management of septic ICU patients and underscore the need for further investigation into its impact on clinical outcomes.

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