

APPENDIX B: ENTERAL NUTRITION POCKET REFERENCE GUIDE

FORMULA SELECTION

Critical Care enteral formulas

(High protein/volume concentrated, may contain immunonutrients)

1. Patients sustaining major trauma receive immune-enhancing diet for 10 days (except BURN patients):
2. Non-trauma patients who the attending surgeon believes to be at risk for major septic morbidity, such as:
 - Moderately malnourished patients) undergoing major elective procedures of the esophagus, stomach, pancreas (with or without duodenum), hepatobiliary tree or abdominal-perineal resection.
 - Severely malnourished patients, or undergoing colonic resection
3. Prolonged starvation > 5 days
4. High output distal colonic fistula

Elemental Formulas

Patients who have:

1. Proven intolerance to the first formula used
2. Persistent, severe diarrhea > 48hrs
3. Pancreatic or duodenal injury
4. Moderate distention > 24hrs
5. Short bowel syndrome
6. At the discretion of the attending physician.

Polymeric Formula

Patients who do not meet the criteria for immune-enhancing diets but have normal digestive and absorptive capacity of the GI tract

TOTAL PARENTERAL NUTRITION

Indications include:

- Massive small bowel resection refractory to enteral feeds
- High output fistula after failure of elemental diet
- Unable to meet >60% needs enterally by day ICU day #5

FEEDING PROTOCOL

After resuscitation complete, start full strength formula at 20 ml/hr advance as follows:

- Increase by 20 ml/hr every 8 hours until the targeted goal is reached.
- In burn/head trauma patients with no abdominal injury, increase every 4 hours until the targeted goal is reached.
- Do not stop enteral feedings for procedures to include trips to OR, CT scanner or AE (for tubes inserted beyond the ligament of Treitz).

ENERGY/PROTEIN REQUIREMENTS

Kcals (total)

- 25-35 kcal/kg dry weight for stress/trauma/burns
- 20-25 kcal/kg dry weight for ventilated pts
- 11-14 kcals/kg actual body wt or 22-25 kcals/kg IBW if obese (BMI > 30)

Protein

- 1.2-1.5 grams protein/kg
- 1.5-2.0 grams protein/kg in trauma/head injury/burns
- 2 g/kg IBW/d in obese patients

