

International Nutrition Survey 2009

August 2009
NEWSLETTER



Critical Care
Nutrition

Your Frequently Asked Questions About the Survey

Q: Will patient names be used in the survey? What patient identifiers will be entered online?

A: No, patient names will not be used. No patient identifiers will be entered on the web-based data collection system and all data will be presented in aggregate form only, therefore patient confidentiality will not be breached. Data for the survey is collected as part of routine care, and data collection will be done retrospectively from chart abstraction and entered online.

Q: I want to participate. What do I do now?

A: To participate in the study **1)** contact Lauren Murch (murchl@kgh.kari.net) to be added to our contacts list, **2)** contact your institutional ethics board for procedures required locally to be permitted to participate, **3)** review and become familiar with the instruction manual and data collection forms (available under "resources" in the International Nutrition Survey section of www.criticalcarenutrition.com), and **4)** towards the beginning of September, register online for data entry. We will notify you when you are able to register online.

Q: My hospital has two separate ICUs, and I would like a performance site report for each of them. Is this possible, and if so, what do I do?

A: Yes, you can register each ICU separately, and collect data on 10 patients from each. Of course, it would be better if you could collect data on 20 patients from each ICU, as this would give you a better representation of 'usual' practice, but we understand that this adds to the data collection burden and is therefore not always possible. Please note, however, that each ICU requires a minimum of 8 finalized patients to receive a site report.

HOT OFF THE PRESS

We are pleased to announce that the first journal article utilizing the 2007 International Nutrition Survey data has been published, and is now available online through Intensive Care Medicine:

Alberda C, Gramlich L, Jones NE, Jeejeebhoy K, Day A, Dhaliwal R, Heyland DK.
The relationship between nutritional intake and clinical outcomes in critically ill patients: Results of an international multicenter observation study.
Intensive Care Med 2009, DOI 10.1007/s00134-009-1567-4.

The objective of this study was to examine the relationship between the amount of energy and protein administered and clinical outcomes, and the extent to which pre-morbid nutritional status influenced this relationship. An increase of 1,000 cal per day was associated with reduced mortality [odds ratio for 60-day mortality 0.76; 95% confidence intervals (CI) 0.61–0.95, $p = 0.014$] and an increased number of ventilator free days (3.5 VFD, 95% CI 1.2–5.9, $p = 0.003$). The effect of increased calories associated with lower mortality was observed in patients with a BMI <25 and ≥ 35 with no benefit for patients with a BMI 25 to <35. Similar results were observed when comparing increasing protein intake and its effect on mortality. Increased intakes of energy and protein appear to be associated with improved clinical outcomes in critically ill patients, particularly when BMI is <25 or ≥ 35 .

We would like to thank you for participating in the International Nutrition Survey, as it is your hard work that makes answering these important research questions possible. We encourage you to circulate this newsletter and the Intensive Care Medicine journal article in your department so that your colleagues can appreciate the contribution that your site has made to scientific research through participation in the survey.

Thank you again for all your hard work and enthusiasm, and we look forward to your continued involvement in improving the quality of nutrition therapy in our Intensive Care Units.



Did you know...

The International Nutrition Survey already has over 125 sites from over 17 countries planning to participate! Keep up the great work, encouraging your colleagues in other ICUs to participate. Let's make this year's survey the biggest and best yet!

News:

Congratulations to Naomi Cahill (nee Jones) on her recent marriage! Naomi's email address is now cahilln@kgh.kari.net. Please update your address books accordingly.

Highlights of our Website:

Interested in the latest critical care nutrition research? Go to www.criticalcarenutrition.com and click on 'Ongoing CCN Research Projects'. This page lists current projects (and associated abstracts) from within our research group. You can also click on the link at the bottom of that page to be directed to a list of randomized control trials in critical care nutrition from around the world. This list indicates each project's country, ID#, status and principle investigator, and links to further information. Currently, 65 trials are listed here.

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