

International Nutrition Survey 2009

Are you the Best of the Best?

Participating ICUs are encouraged to set their sights high and strive to be the 'Best of the Best!' The top 10 performing ICUs will be awarded Best of the Best plaques. The top 3 sites will be awarded \$1000 towards travel and expenses to attend the American Society of Parenteral and Enteral Nutrition's Clinical Nutrition Week 2010, in Las Vegas, Nevada, where Dr Daren Heyland will personally present these awards at a special session.



Last year, out of 167 participating ICUs, 81 sites were eligible for consideration for this award. The winning site was the Department of Critical Care Medicine, Auckland City Hospital, Auckland, New Zealand.

To qualify for the Best of the Best award, sites participating in the International Nutrition Survey must:

• **Enter and finalize data on a minimum of 20 patients**

• **Have a feeding protocol in place**

Critical Care Nutrition Clinical Practice Guidelines: New Updates

In January 2009 revised versions of the Canadian Critical Care Nutrition Clinical Practice Guidelines were posted on the Critical Care Nutrition website. Changes are as follows:

• **Achieving target dose of Enteral Nutrition (EN):** When starting EN, strategies to optimize delivery of nutrients (starting at target rate, higher threshold of gastric residual volumes, use of prokinetics and small bowel feedings) **should be considered**.

• **Feeding Protocols:** An evidence-based feeding protocol that incorporates prokinetics at initiation and a higher gastric residual volume (250 mls) and the use of post pyloric feeding tubes, **should be considered** as a strategy to optimize delivery of enteral nutrition in critically ill adult patients.

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NEWSLETTER



Critical Care
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• **Motility Agents:** In critically ill patients who experience feed intolerance (high gastric residuals, emesis), we **recommend** the use of a promotility agent. Given the safety concerns associated with erythromycin, the recommendation is made for metoclopramide. There are insufficient data to make a recommendation about the use of combined metoclopramide and erythromycin.

• **Composition of Parenteral Nutrition (PN):** **Glutamine:** When PN is prescribed to critically ill patients, parenteral supplementation with

glutamine, where available, is **strongly recommended**.

• **Supplemental antioxidant nutrients:** There are **insufficient data** to make a recommendation regarding IV/PN selenium supplementation alone, or in combination with other antioxidants, in critically ill patients.

A little bit about the Clinical Evaluation Research Unit (CERU)

We engage in a broad range of research activities that ultimately lead to:

- An improvement in the quality of life of seriously ill patients and the satisfaction with care of their families.
- For those at the end of life, an improvement in the quality of their experience and that of their families.
- Increased efficiency in our health care system.
- Increased clinical research capacity of our institution and of our partners.

A quick update on another Critical Care Nutrition study within the CERU:

REDOXS (REducing DEaths due to OXidative Stress) is a randomized trial of glutamine and antioxidant supplementation in critically ill patients. Like the survey, REDOXS truly is yet another international endeavor, and CERU is pleased to announce that sites in Germany have now begun to participate! With over five hundred patients worldwide recruited, REDOXS is almost halfway to reaching its goal of 1200 patients!



It's not too late to participate!

Let's make this year's survey the biggest and best yet!

We already have **over one hundred sites** from around the world planning to participate in the adult portion of this year's survey! Last year 167 sites participated. Can we do even better this year?

Please continue to encourage your colleagues from other ICUs to participate in the International Nutrition Survey 2009! **Also, continue to encourage your pediatric colleagues to participate!** For

more information about the pediatric portion of the survey, please contact Lori Bechard (Lori.Bechard@childrens.harvard.edu).

Planning to participate in the survey?

After being added to our contacts list, you should **contact your institutional ethics board** regarding procedures required locally to participate. Then, at the beginning of September we will send out instructions on how to register online for data entry. At that time you will obtain your username and password, which you will need in order to log in to the secure website on September 16, 2009, and to start entering patient data.



Visit our website!

www.criticalcarenutrition.com

Our website has many valuable resources both related to the survey and to critical care nutrition in general. These include past copies of newsletters, frequently asked questions, the instruction manual, sample site reports, tools and training kits, posters to help you promote the idea of being the "Best of the Best" and much, much more.



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