

# Site Suitability Checklist



Use this checklist as a tool to speak with team members and ICU stakeholders to ensure your site will be able to meet the criteria outlined below. To be considered suitable to join EFFORT, all of the following criteria must be present.

## (✓) Site Suitability Criteria

### ICUs must assign two (2) Study Leaders

*One study leader should be an ICU physician and the other can be either an ICU dietitian or research coordinator.*

### Study Leaders must be knowledgeable about critical care nutrition.

*Study Leaders must submit their curriculum vitae (CV) or other document that demonstrates their knowledge of critical care nutrition as part of the application process.*

### Study Leaders must have Good Clinical Practice (GCP), or similar training.

*Study Leaders must submit their training certificate as part of the application process.*

### The ICU will abide by the randomization scheme and arm assignment AND avoid overfeeding for each randomized patient.

*Confirm their site has overall equipoise and is willing to abide by the randomization schema of high versus low protein prescription.*

High Protein Dose	Low Protein Dose
Prescribed protein intake of $\geq 2.2\text{g/kg/d}$ .	Prescribed protein intake of $\leq 1.2\text{g/kg/d}$ .

*In addition, they are confirming that if the patient is randomized to the high protein group, they will not overfeed the patient with too much energy in order to achieve high levels of protein intake.*

### The ICU uses a standardized feeding protocol in their ICU for enteral and parenteral nutrition.

*By standardized feeding protocol, we mean a form or policy that enables the bedside staff to manage the nutrition in a standardized way. These protocols are usually implemented by pre-printed or automatic order sets, printed algorithms or other bedside tools. The specific nature of the protocol is not important. ICUs that have standardized protocols are much more likely to deliver high quality nutrition.*

### The ICU has access to a range of commercial enteral and parenteral feeding products that they will use to achieve protein targets without providing excessive calories.

*This includes products such as high protein enteral nutrition, protein supplements, and parenteral nutrition or amino acids.*

### Ethics clearance has been obtained.

*The Ethics Clearance (i.e. Approval Letter) must be submitted at the time of ICU registration.*

### The ICU is committed to enrolling a minimum of 30 eligible patients in 2-3 years.

*The ICU has the local resources to enrol at least 30 eligible patients. ICUs are welcome to enrol as many patients as they can!*

**IMPORTANT NOTE:** Do not proceed any further if you cannot provide or commit to the criteria in the table above. **If you are able and committed (and we hope you are!), please proceed first with obtaining ethics clearance.**