



Nutrition Support Care Pathway for Critically Ill Adult Patients



Nurse Admission:

- Obtain actual weight (bed scale), and height.
- Administration of nutrition support in accordance with orders.
- Inform clinicians for any signs of EN or PN intolerance.

Medical Team

- 24 hours of admission:
- Calculate NUTRIC score.
 - Generate dietary referral order via HIS.
 - Initiate appropriate nutrition path.

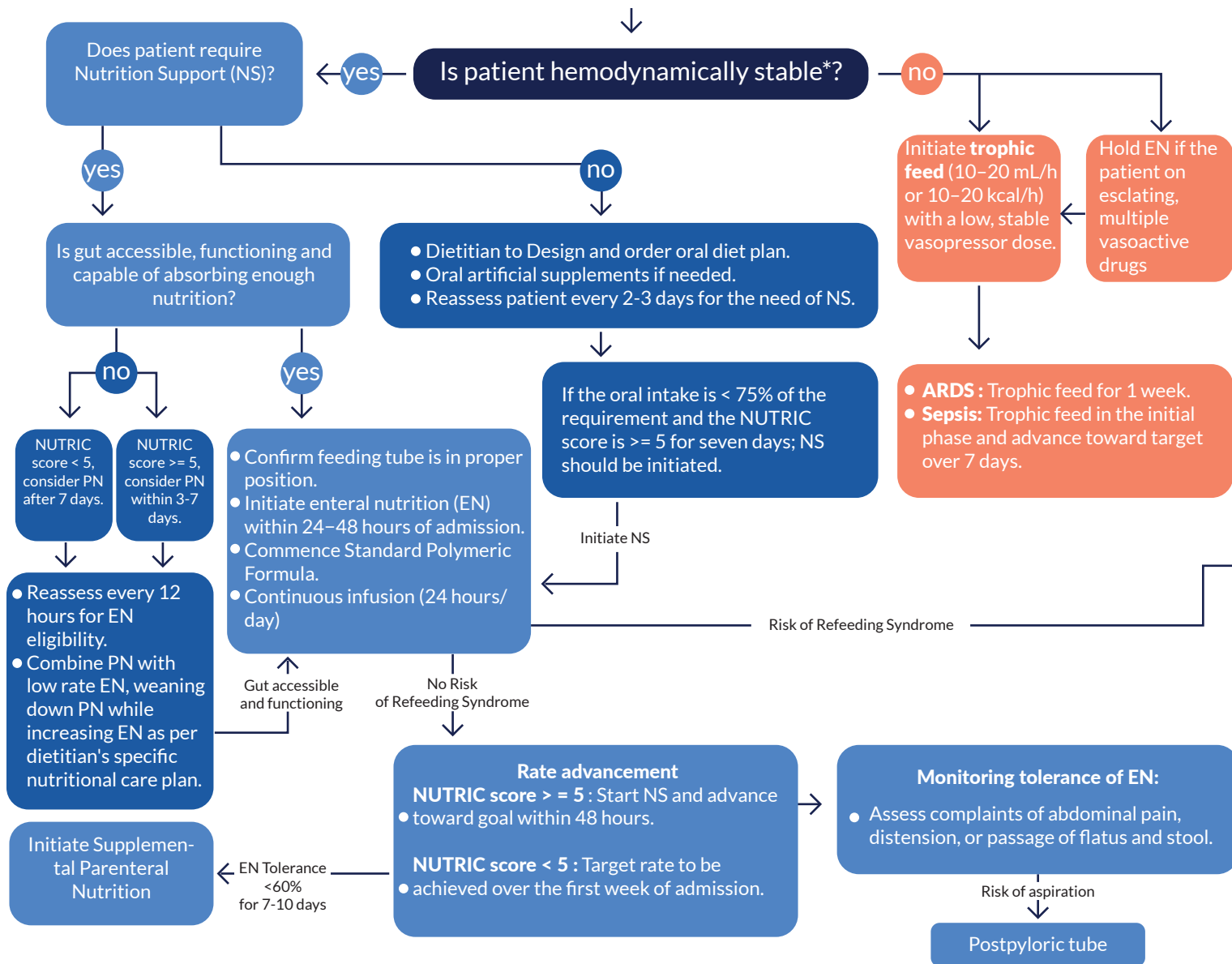
Dietitian

- Assess the patient within 24 hours of admission.
- Design a nutrition intervention plan in HIS.
- Monitor nutrition status and tolerance and update nutrition plan as needed.

Pharmacist

- Prepare PN solution, discuss nutrients/drug interaction and provides appropriate dosing adjustments

Patient admitted to Intensive Care Unit



Think risk of refeeding syndrome if

Patient has 1 or more of the following:

- BMI less than 16 kg/m²
- Unintentional weight loss greater than 15% within the last 3 to 6 months
- Little or no nutritional intake for more than 10 days
- Low levels of potassium, phosphate or magnesium before feeding.

OR

Patient has 2 or more of the following:

- BMI less than 18.5 kg/m²
- Unintentional weight loss greater than 10% within the last 3 to 6 months
- Little or no nutritional intake for more than 5 days
- A history of alcohol abuse or drugs including insulin, chemotherapy, antacids or diuretics

Management of Patient with Risk of Refeeding Syndrome

- Before EN/ PN starts:
- Supplement with thiamin 200-300 mg for 7 to 10 days.
 - Vitamin B Complex: 1 tablet daily or IV full dose.
 - Multivitamins or trace elements once daily.

- Initiate EN / PN:
- Starting nutrition support at a maximum of 10 kcal/kg/day
 - Advance toward target rate over 4-7 days.

Rehydrate carefully and supplement or correct level of potassium, phosphate, calcium and magnesium.

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| Electrolytes should be measured 2-3 times a day if serum phosphate < 0.65mmol/l or drop of > 0.16 mmol/l, and supplement if needed | Potassium, magnesium and phosphate should be measured at least once a day for the first week |
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- Abbreviations:**
 NS: Nutrition Support (Enteral and Parenteral)
 HIS: Hospital Information System
 EN: Enteral Nutrition
 PN: Parenteral Nutrition
 BMI: Body Mass Index
 ARDS: Acute Respiratory Distress Syndrome

* Hemodynamically stable

Defined as adequate perfusion pressure, stable doses of vasoactive drugs, stabilized or decreasing levels of lactate and metabolic acidosis, and mean arterial pressure ≥60 mm Hg)

