Introduction:
Nutritional therapy plays an important role in the treatment of critically ill patients. Caloric and protein goals are defined, and artificial nutrition tailored to the targets which is related to outcome. Questions rise about the mean caloric and protein needs of patients, once discharged from ICU, and the evolution of body weight, and nutritional adequacy.

The aim is to know the ratios between caloric needs and intake of patients with a minimum stay at ICU of 5 days.

Methods:
After evaluation of 146 critically ill patients, 12 patients were prospectively followed during their entire hospitalization. Data concerning nutritional needs, prescriptions and delivery were collected from the electronic medical file. Nutritional calculations of oral intake were done by Nubel. Ratios were made during the entire stay and body weight was followed up.

Results:
In 5 female and 7 male patients, median age 63.5 years (range 26-84 year), estimated body weight of 74.8 ± 21 kg and actual body weight of 73.3 ± 17 kg, a mean caloric need of 1795 ± 479 kcal/day and an effective delivery of 1348 ± 508 kcal/day was observed. Body weight increased in two patients and decreased in 10 (83%). In ten out of twelve patients, underfeeding was present (Pict. 1). One patient with a caloric need of 1125 kcal/day received a mean caloric load of 230 kcal/day (20.4%).

Conclusion:
The overall observed evolution in body weight was negative in most of the patients. Nutritional adequacy was low after ICU discharge and never reached target.

References: