CRITICAL CARE NUTRITION GUIDELINES: ALI/ARDS

APPROPRIATE TUBE FEEDING PATIENTS MAY INCLUDE:

- Patients in the ICU who are intubated with Acute Lung Injury (ALI): PaO2/FiO2 ≤300mmHg or Acute Respiratory Distress Syndrome (ARDS): PaO2/FiO2 ≤200mmHg.
- Any intubated patient with increased calorie and protein needs due to hypermetabolism associated with respiratory failure.

ENTERAL FORMULA SELECTION CRITERIA:

- Concentrated formula, as fluid restriction may help to minimize fluid accumulation around the lungs, associated with pulmonary edema.
- Added long-chain omega-3 fatty acids plus an appropriate n6 to n3 ratio to help minimize the inflammatory cytokine production associated with n6 fatty acids.
- Added antioxidants to help neutralize free radicals.
- High protein to help minimize loss of lean body mass during the acute phase response.
- Balanced peptide profile to help enhance protein absorption.
- High arginine diet to help restore the immune system in potentially arginine-deficient patients (if patient was not admitted with underlying infection).

ENTERAL FORMULA OPTIONS

PEPTAMEN® AF Provides:
- 1.2 calories
- 25% protein
- Peptide-based
- 50% MCT
- EPA & DHA
- n6:n3 of 1.8:1
- Antioxidant rich in vitamins A, C, E and minerals selenium and copper
- Added prebiotics

CRUCIAL® Provides:
- 1.5 calories
- 25% protein
- Peptide-based
- 50% MCT
- EPA & DHA
- n6:n3 of 1.5:1
- Antioxidant rich in vitamins A, C, E and minerals selenium and copper
- Added arginine

TUBE FEEDING CONSIDERATIONS

- Initiate as soon as hemodynamically stable, gastric or small bowel access is available, and no contraindications exist.
- Initiate slowly at full strength and advance as tolerated, with goal to meet at least 60% of needs enterally.

See also: