

Goldilocks and the UnBEARable (EFI): Vomiting, Diarrhea or Just Right?

Test Questions

1. Enteral feeding intolerance (EFI) can be defined by which of the following signs and/or symptoms?
 - a. Gastric residual volumes
 - b. Signs and symptoms (i.e. nausea, vomiting, diarrhea, and abdominal distention)
 - c. Metabolic resistance
 - d. Delivery of macronutrients
 - e. All of the above
2. According to the van Zanten study that provides suggested guidance on EN feeding based on phase of critical illness, it is suggested to feed below estimated goal feeding rate in what phase of critical illness?
 - a. Acute ICU Phase
 - b. Post Acute ICU Phase
 - c. Post ICU Phase
 - d. Post Hospital Discharge
3. Which of the following studies demonstrated a similar incidence of upper GI EFI? Circle all that apply.
 - a. VUMC EDEN
 - b. ARDSNet EDEN
 - c. The Refeeding Syndrome Study by Doig
 - d. TARGET
 - e. NUTRIREA
4. Management of EFIs such as elevated GRVs, nausea, vomiting, aspiration etc. in the Acute ICU phase would be to hold or decrease the enteral feeding rate?
 - a. True
 - b. False
5. Hyperglycemia was shown to be improved on the very high protein 100% whey peptide-based enteral formula vs. other peptide-based enteral formulas?
 - a. True
 - b. False

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Test Questions Continued

6. What type of enteral tube feeding formula showed a reduction in GI symptoms and healthcare resource utilization (HCRU) in home care patients?
 - a. Standard polymeric formula
 - b. Blenderized tube feeding formula
 - c. Peptide-based formula
 - d. Elemental formula

7. In a study of patients with enteral feeding intolerance (EFI), symptoms were reduced by half with the use of a peptide-based tube feeding formula?
 - a. True
 - b. False

8. In a study of patients with pancreatitis who received either a peptide-based tube feeding formula, or a standard formula through a j-tube, the peptide-based group had:
 - a. A shorter length of stay
 - b. Greater loss of lean body mass
 - c. Less weight loss
 - d. More symptoms of feeding intolerance
 - e. a and c
 - f. All of the above

9. Dipeptides and tripeptides are transported in the luminal gut via the PepT1 transporter?
 - a. True
 - b. False

10. The prevalence of home enteral nutrition in the United States has decreased in the last 10 years, as well as the occurrence of enteral tube feeding intolerance?
 - a. True
 - b. False

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