

Optimizing Nutrition in the ICU: Addressing Challenges for Better Patient Outcomes

Test Questions

1. Why does gut failure occur in critical illness?
(Circle all that apply.)
 - a. The wrong type of tube feeding is being used.
 - b. Visceral hypoperfusion with release of gut-derived inflammatory factors.
 - c. Ischemia-reperfusion injury with loss of gut barrier function.
 - d. Release of inflammatory cytokines and chemokines with systemic inflammatory response syndrome.
2. Enteral feeding intolerance is prevalent in critically ill patients.
 - a. True
 - b. False
3. The following is an example of enteral feeding intolerance secondary to gastric complexity:
 - a. Paralytic ileus, obstruction, altered microbiome
 - b. Intestinal edema/hypoalbuminemia, diarrhea
 - c. Gastroparesis, nausea, vomiting, high gastric residual volumes
 - d. Diarrhea, obstruction, entero-cutaneous fistula
4. There are many clinical factors that predict enteral feeding intolerance. **(Circle all that apply.)**
 - a. Exercising 30 minutes/day for a minimum of 5 days per week.
 - b. Electrolytes disorders, such as hypokalemia, use of opioids
 - c. Gluten sensitivity
 - d. Pre-existing medical comorbidities such as cardiopulmonary disease, cancer, inflammatory bowel disease and diabetes mellitus
5. According to the American Society of Enteral and Parenteral Nutrition Safe Practices for Enteral Nutrition Therapy guidelines, gastric residual monitoring of established enteral feeding patients may not be needed as part of routine care for patients in the ICU.
 - a. True
 - b. False

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