

Personalized Nutrition in the ICU: Don't Take It Personally!

Test Questions

1. According to the speaker, personalized nutrition includes which of the following. **Circle all that apply:**
 - a. Evaluation of feeding
 - b. Initiation and advancement of feeding
 - c. Monitoring and checking gastric residual volume daily
 - d. Timing of feeding
2. _____% of all critical care trials fail to show a mortality benefit.
 - a. 15%
 - b. 45%
 - c. 75%
 - d. 95%
3. The benefit of providing fiber in enteral nutrition solutions in the ICU include the following: **Circle all that apply.**
 - a. Decreased gut barrier defense
 - b. Increase microbiome diversity
 - c. Stabilize hypoxia-inducible factor (HIF)
 - d. Stimulation of G-protein receptors
4. According to the ASPEN & SCCM Critical Care Nutrition Guidelines, which of the following is suggested to determine energy requirements in the absence of indirect calorimetry? **Circle all that apply**
 - a. Clinician expertise
 - b. Indirect Calorimetry is the only option to deliver personalized nutrition
 - c. Published predictive equation
 - d. Weight-based equation (25-30 kcals/kg/d)
5. The order of gut dysfunction consecutively occurs as follows:
 - a. Decreased stomach contractility first, followed by colon and then small bowel
 - b. Decreased small contractility first, followed by stomach and colon
 - c. Decreased colon contractility first, followed by stomach and small bowel
 - d. High gastric residuals, followed by diarrhea and vomiting

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