

Practical Approach to Determining Protein Requirements of the Critically Ill

Test Questions

1. Circle all that apply. Historically, the basis of population nutrition focused on providing adequate nutrient balance:
 - a. At the lowest expense
 - b. With the highest amount of protein
 - c. With the maximization of carbohydrate intake and minimization of protein intake
 - d. With the easiest access
2. _____% of all critically ill adults experience exocrine pancreatic insufficiency, per S. Wang and colleagues in Critical Care 2013;17:4171.
 - a. 30.2%
 - b. 34.9%
 - c. 52.2%
 - d. 18.3%
3. The following are true about protein delivery to critically ill patients: Circle all that apply.
 - a. Patients typically receive 0.5g/kg/day, no matter what amount is prescribed
 - b. Protein supplements are inconsistently utilized, making compliance difficult
 - c. The optimal non-protein calorie:nitrogen ratio of enteral feeding in the ICU is 150:1
 - d. Most very high protein formulas used in the ICU provide a calorie to protein ration of < 50:1
4. Lowest 6-month mortality was found when increasing protein intake from <0.8g/kg/day on day 1-2, to 0.8-1.2g/kg/day on day 3-5 and > 1.2g/kg/day after day 5.
 - a. True
 - b. False
5. Nutrition in the ICU is not about providing food substitution, but about metabolic care of the patient.
 - a. True
 - b. False

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