make sure the rings do no cut the table. move the table to the right

Table 16.7. Advantages and disadvantages of predictive equations for estimating energy targets in critically ill patients (adapted from Segaran, 2014).

Equation	Advantages	Disadvantages
Penn State University (Frankenfield *et al.* 2009; Frankenfield and Ashcraft, 2011) Measured energy expenditure (MEE)	• Accounts for age, gender and height. • Incorporates physiological factors e.g. temperature, ventilator mode. • ICU specific. • 67% accuracy when compared to Measure Energy Expenditure (MEE) (all patients). 70% accuracy when compared to MEE (obese <60 years) 80% accuracy for BMI >45kg/m^2 when compared to MEE (Frankenfield *et al*. 2013).	• Time required. • Complex equations. • 24hr variability due to changes in temperature and ventilation. • Does not account for physical activity. • 58% accuracy when BMI <20.5kg/m^2 when compared to MEE (Frankenfield *et al*. 2013).
20-25 kcal/kg/day (catabolic phase) **25-30 kcal/kg/day (anabolic phase)** (Cerra *et al*. 1997; Singer *et al*. 2009)	• Quick and easy.	• Does not account for age, gender or condition. • Based on consensus opinion rather than clinical evidence. • No clear guidance on what weight should be used. • 35% accuracy when compared to MEE (Frankenfield *et al*. 2009). • Does not incorporate physiological factors. • Difficult to define catabolic vs anabolic phase.
Ireton-Jones (Ireton-Jones *et al.* 1992; Ireton-Jones and Jones, 2002)	• ICU specific. • Accounts for age and gender. • Includes factors for trauma and burns.	• Developed on burns and trauma patients. • Overestimates in non-obese and underestimates in obese patients. • 46% accuracy when compared with MEE (Frankenfield *et al*. 2009).
Harris Benedict (Harris and Benedict, 1919)	• Accounts for gender, age, weight and height. • Used in conjunction with stress (disease state) and activity factors.	• Use of stress factors adds substantial error. • Does not incorporate physiological factors. • 34% accuracy when compared with MEE (Frankenfield *et al*. 2009).