**Guideline for commencing nutrition support in critical care**

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Nil by mouth:

Consider parenteral nutrition at day 5-7 in well nourished patients.

Consider parenteral nutrition at day 3 for nutritional high risk patients.

Reassess ability to enterally feed daily

Prescribe Fortisip Compact Protein BD, encourage oral intake and complete food record chart.

Commence feeding as per ICU enhanced feeding protocol

No risk factors present

Start cautious enteral nutrition – discuss with dietitian and medical team.

**One or more** risk factors present

Assess for the following risk factors:

3 or more inotropes

Open chest

High stoma output

Ileus / complex GI surgery

GI bleeding

Absolute contraindications for enteral feeding:

Bowel obstruction

Bowel perforation

Short bowel *with less 1m small bowel*

Ischaemic bowel

Encourage oral intake, keep food record chart. Offer Fortisip / Fortijuce / Meretine shake if eats less than 1/2 meal.

No

Yes

Yes

Is patient suitable for enteral feeding?

No or minimal oral intake – e.g. mechanically ventilated, poor swallow

No – consistently eating less than ½ meals

Is patient able to meet nutritional requirements orally?