

# Nutrition monitoring may improve critically ill patient outcomes

An international multicentre observational study exploring the relationship between nutritional support and clinical benefit showed that the **energy and protein intake of critically ill patients was significantly lower than prescribed**, despite nutritional support being part of the therapy<sup>1</sup>.

This deficit may have been due to multiple factors, including interruptions for surgery or routine procedures, the precedence given to other critical-care procedures, or the lack of tracking of nutritional intake.

ICU patients only received 56% of prescribed protein<sup>1</sup>

ICU patients only received 59% of prescribed energy<sup>1</sup>

## Achieving nutritional targets can significantly impact patients and intensive care units

- Caloric deficit is associated with an increase in ventilator days, complications and length of stay<sup>2</sup>.
- Protein deficit is associated with increased mortality<sup>3-6</sup>.
- Greater nutritional intake during the first week in the ICU is associated with longer survival and faster physical recovery up to 3 months in critically ill patients requiring prolonged mechanical ventilation<sup>7</sup>.

A systematic approach to nutritional support can **improve patient outcomes**. Each patient's individual needs should be determined and a tailored nutritional therapy drawn up, including type of solution, delivery site and access devices, and administration rate and method<sup>8</sup>. Nutrition monitoring is also an integral part of this systematic approach, yet it can be complex and require tedious manual calculations and tracking, which are time-consuming and susceptible to human error<sup>9</sup>. However, solutions exist to facilitate this process.

**The Compat Ella enteral feeding pump makes it easier to monitor prescribed nutrition.** She can be connected to a hospital Patient Data Management System (PDMS) to allow real-time tracking of nutrition and so improve patient outcomes.



## How does Compat Ella PDMS-compatibility improve patient outcomes?

### Makes the Feeding Process Visible<sup>11, 12</sup>

- ✓ Integration of nutritional advice and automatically generated feedback (pop-up warnings) to users enables **quick clinical response**.
- ✓ Comparison to target to better adapt of feeding rates to **avoid energy deficit**.

### Facilitates Nutritional Metabolic Monitoring<sup>9, 11</sup>

- ✓ Integration of enteral nutrition delivery into total fluid and electrolyte balance as well as glucose charts.
- ✓ Supports **standardization of prescription**.
- ✓ **Facilitates adequate protein, carbohydrates and lipid delivery**.

### Allows Automated Data Collection and Control<sup>9, 11</sup>

- ✓ **Reduces workload** associated with data manual entry and computation allowing nurses to spend more time with the patient.
- ✓ **Reduces number of missing data**.
- ✓ Automates extractions enable the continued quality control process, feedback loops and adequate follow-up based on guidelines.

## Meet Compat Ella

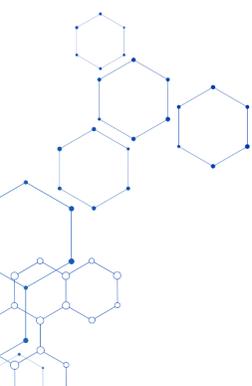
The Compat Ella enteral feeding pump is PDMS-friendly and helps **improve nutritional status in ICU patients**. She is also intuitive, easy to use and comes with a myriad of services to facilitate pump management.

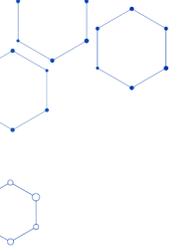


Learn more



For more information, see the article [Optimizing nutrition with an integrated nutrition module, Myth or Reality?](#) by Professor Ronny Beer on [healthmanagement.org](http://healthmanagement.org)





## References

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