

ESPEN based Protocol
Intensivists ↔ Dieticians



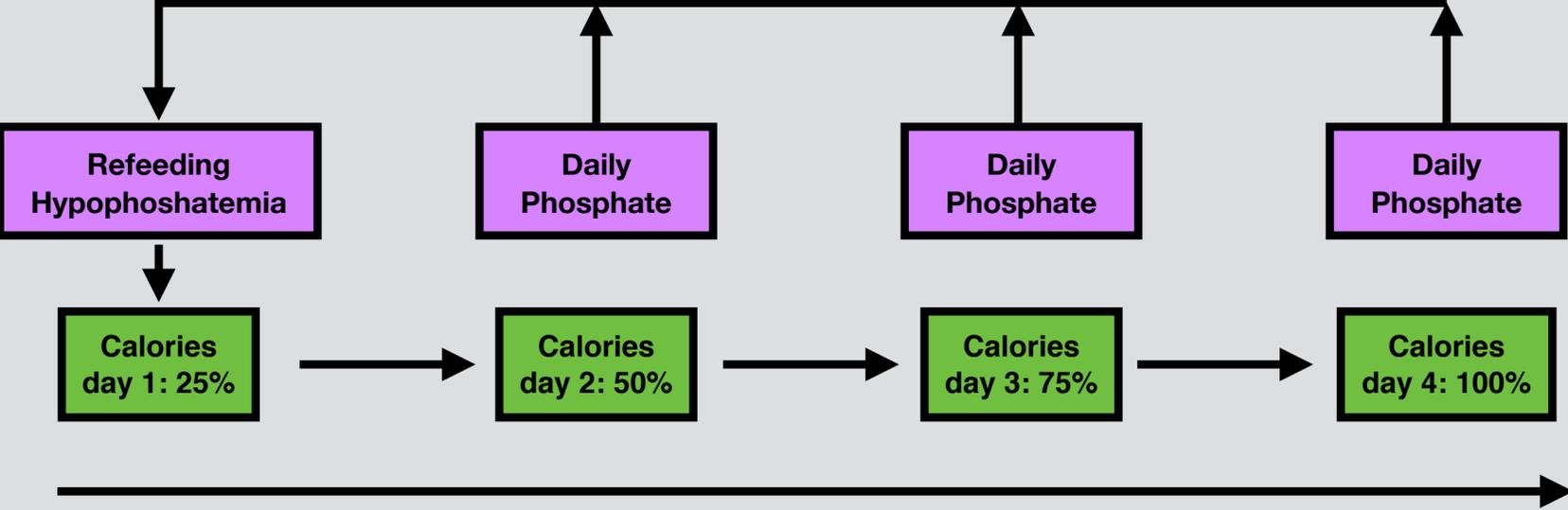
Refeeding Hypophosphatemia Diagnosis:
Phosphate <0.65 mmol/l, drop from baseline >0.16 mmol/l, <72h after start EN

1. Reduce calories back to day 1: 25% for 48h (or <500kcal/day)
2. Supplement electrolytes: Phosphate, Magnesium, Potassium
3. Administer: vitamin B1. Stepwise increase daily intake by 25% after 48h.

Computer protocol:

- Sex
- Height
- Weight

Predictive equation
Set individual target



After day 4: Indirect Calorimetry guided energy prescription during ICU and post-ICU hospital stay

Antioxidant and Immune defense

Multi-Micronutrients IV ⇒ Enteral Multi-Micronutrients
(until enteral feeding meets Daily Recommended Allowances; 1500 mL/kcal EN/day)

Start Early Enteral Nutrition <6 hours	hourly check target and intake	hourly check target and intake	hourly check target and intake
Check non-nutritional calories	lower EN for propofol, citrate	lower EN for propofol, citrate	lower EN for propofol, citrate

7*24h
No dietician needed



Repeat every 3 days

Recommended administration rate provided by computer for every EN and PN or combination (7x24h), adjusted for non-nutritional calories and automatic detection of Refeeding Hypophosphatemia, and readjusted for new indirect calorimetry REE measured

Indirect Calorimetry Target Set for 3 days