

Book Review

Nutritional Considerations in the Intensive Care Unit: Science, Rationale and Practice

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The role of proper nutrition in the critically ill patient cannot be overemphasized. As most clinicians involved with caring for the critically ill patient are well aware, nutritional issues can unfortunately often be relegated to the "back burner", as other concerns such as dealing with respiratory failure and shock become the highest priorities. Fortunately, most large intensive care units (ICUs) have dietitians assigned to them to provide comprehensive nutritional support to the critically ill patient. For the practicing intensivist, however, myth, misconception and a paucity of evidence-based data abound when pondering nutritional issues in the ICU. It is this niche that *NUTRITIONAL CONSIDERATIONS IN THE INTENSIVE CARE UNIT* attempts to fill.

Features of the Book

This 432-page book is sponsored by the American Society for Parenteral and Enteral Nutrition (ASPEN). It is divided into 36 chapters and four major sections. The **first section**, *Nutritional Derangements and Critical Illness*, emphasizes how critically ill patients can become malnourished, how they respond to stress, and how they should be monitored and assessed from a nutritional standpoint. The **second section**, entitled *Nutritional Support Considerations*, focuses on such issues as estimating energy and vitamin requirements in the critically ill, including the use of indirect calorimetry. Other chapters in this section include fluid, electrolyte and acid-base management, as well as a chapter that addresses the debate between parenteral vs enteral nutrition. Although fluid and acid-base issues are stressed extensively in most ICU textbooks, it is of

some interest to read chapters dealing with these issues and their relationship to nutrition. In addition, there are other chapters that deal with intravenous and enteral access for proper nutritional support.

In **section three**, *Designer Nutritional Support for the Critically Ill*, the editors have chosen a potpourri of subpopulations of the critically ill and focused on their particular nutritional needs. This section will be especially helpful to the intensivist who may occasionally see patients in one of these populations, because the book lends itself to rapidly providing appropriate nutritional information in a concise manner. Examples of the populations discussed in these chapters include: the critically ill patient with diabetes, respiratory failure, renal failure, cardiac disease, trauma, burns, brain injury, acute pancreatitis and pregnancy. Other important patient groups included are the critically ill pediatric patient, the immunocompromised patient, as well as the critically ill obese and the solid organ transplant patient. Each chapter can be read independently and will probably be the most used and valuable section for the practising clinician. Many chapters include case studies for "real world" applications.

In the final section of the book, **section four**, the editors have chosen some miscellaneous critical care nutrition topics, although the title of the section is *Practical Considerations*. The topics chosen here include the use of anabolic agents in the ICU, and a chapter discussing the role of aggressive perioperative and intraoperative enteral nutrition. There is also an especially well-written chapter on the use of immune-enhancing dietary supplements, such as arginine, glutamine, nucleotides and omega-3 fatty acids in the critically ill. The book concludes with a

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