

Critical Care Nutrition: Where Do We Stand and What Should We Do?

Test Questions

1. Which statement best reflects current evidence on calorie provision during the acute phase of critical illness?
 - a. Full caloric needs should be met within 48 hours
 - b. Hypocaloric feeding is recommended initially
 - c. Caloric delivery should meet measured energy expenditure
 - d. Parenteral nutrition should be considered within 24 hours upon admission if enteral feeding is contraindicated
2. In surgical ICU patients compared to medical ICU patients, protein requirements are generally
 - a. Lower due to reduced catabolism
 - b. Higher to support wound healing and immune function
 - c. Equivalent because metabolic stress is similar
 - d. Dependent solely on BMI
3. During the recovery phase of critical illness, the primary nutrition goal is:
 - a. Maintain hypocaloric feeding
 - b. Increase protein while reducing calories
 - c. Transition to full caloric and protein targets
 - d. Transition to full caloric and protein targets via oral intake
4. Which of the following best describes the rationale for early enteral nutrition in critically ill patients?
 - a. Minimize risk of hypoglycemia
 - b. Maintain gut integrity and microbiome
 - c. Minimize risk of hyperglycemia
 - d. Minimize fluid overload
5. What is the current recommendation regarding fiber supplementation in enteral nutrition for critically ill patients?
 - a. High-fiber formulas should be used routinely to prevent diarrhea
 - b. Fiber should be avoided in all critically ill patients due to risk of bowel ischemia
 - c. Soluble fiber may be considered in hemodynamically stable patients to support gut health
 - d. Insoluble fiber is preferred for improving gastric emptying

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