

Houve alguma dúvida sobre a oferta proteica na aula de nutrição enteral.

Os slides a seguir esclarecem as dúvidas e corrigem um aspecto importante na prática.

Agradeço à aluna que me alertou!

Selma

GUIDELINES

Guidelines for enteral feeding in adult hospital patients

M Stroud, H Duncan, J Nightingale

Gut 2003;52(Suppl VII):vii1-vii12

In healthy individuals, a protein intake of well under 0.15 g N/kg/day (1 g N = 6.25 g protein) is adequate to maintain nitrogen balance but this changes dramatically in acute illness and catabolic patients have very high nitrogen losses. In the past, this led to the use of very high protein feeds in patients who were very ill or undernourished but recent thinking suggests that this is unwise.^{48 49} Most authorities therefore recommend early feeding at maximum levels of 0.2–0.3 g/N/kg/day⁴⁶ and some recommend even lower levels during early feeding. When calculating energy provision for artificial nutrition support by either ETF or PN, there is no logical justification for considering energy provided as protein as separate from energy given as non-protein calories.

Recomendação máxima de:

0,2 x 6,25 = 1,25 g de proteína/kg/d

0,3 x 6,25 = 1,87 g de proteína/kg/d

No Reino Unido eles expressam a proteína na forma de nitrogênio (N). Exceto em pesquisa, nós não usamos essa forma de expressão. Assim, fiz a conversão para proteína/kg/dia

Hoffer L J. Protein and energy provision in critical illness. Am J Clin Nutr, 78: 906-11, 2003

tion that $REE_0 = 0$) underestimates REE, ie, by 25%. A severely underweight patient in neutral or positive energy balance who, under current guidelines, would receive $1.5 \text{ g amino acids} \cdot \text{kg}^{-1} \cdot \text{d}^{-1}$ may actually require $\approx 25\%$ more than this, or $1.9 \text{ g} \cdot \text{kg}^{-1} \cdot \text{d}^{-1}$.



Paciente crítico com peso atual próximo ao ideal
($25 < \text{IMC} > 18,5 \text{kg/m}^2$)

Oferta protéica
 $\leq 1,5 \text{ g/kg/dia}$

Paciente crítico com peso atual < ideal
($\text{IMC} < 18,5 \text{kg/m}^2$)

Oferta protéica
 $\leq 1,9 \text{ g/kg/dia}$

Errata:
onde está escrito \leq , leia =