Nutrition and Critical Care
This book is dedicated to *Bernard Beaufrère, Chris Pennington, Peter Reeds* and *Arvid Wretlind* who contributed greatly to this field and passed away during 2002.
Nutrition and Critical Care

Editors

Luc Cynober, Paris, France
Frederick A. Moore, Houston, Tex., USA

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Preface

Over the past 30 years, nutritional support has evolved tremendously. While the beneficial effects of nutritional support have been demonstrated in specific types of patients (e.g. burns, trauma, postoperative cancer resection), it has been difficult to document improved outcomes in less homogenous populations. Intensive care unit (ICU) patients, due to their intense injury stress response, have the potential to benefit most from nutritional support. On the other hand, ICU patients, because of the complexity of their underlying diseases, are especially vulnerable to develop nutritional support-related complications. Despite considerable progress in understanding the optimal route of administration as well as the qualitative and quantitative needs of ICU patients, a lot of controversies and uncertainties exist. In fact, the exact pathophysiologic mechanisms that drive the injury stress response in ICU patients is still a subject of intense research. Over the last decade, a variety of pro- and anti-inflammatory mediators (reactive oxygen metabolites, cytokines, prostaglandins, and nitric oxide) have been identified that modulate hormonal control of nutrient flux. Most recent genomic research has identified a gene polymorphism that results in patients producing different levels of mediators following the same insult. In some, this causes dysregulation of the injury stress response which contributes to adverse outcomes.

This issue is not theoretical, but has important therapeutic implications. A variety of nutritional interventions (e.g. ‘immune enhancing diets’, β-blockers, antioxidants, and growth hormone) that modulate the immuno-neuro-endocrinologic response to stress are being tested (by necessity in homogenous study populations) and are showing promising results. However, if they are truly modulating the injury stress response, it is quite conceivable that these therapies will be harmful in different subsets of critically ill ICU
patients. Obviously, continued epidemiologic study of high risk patients is needed and new risk factors need to better characterized (e.g. the epidemic of obesity).

Since qualitative and quantitative requirements in critically ill ICU patients are different from normal ones, and since nutrition is emerging as an effective intervention in ICU patients, we have to look at nutrients as drugs. This means, for instance, the choice of lipids or specific amino acids (certain being immunostimulating while others might depress immunity), the avoidance of iatrogenic hyperglycemia or the intake of micronutrients must be carefully examined. Also, dose-ranging studies should be considered. Finally, knowledge of the pharmacokinetics of nutrient provided by the enteral or parenteral routes is essential.

The current era of molecular biology offers the potential to truly understand the driving mechanisms of the stress injury response. However, to maximally benefit our patients, translational research cannot be underemphasized. Also, we need to be pragmatic: excellent products disappear from the market if they are not tolerated by our patients. Moreover, we need to take advantage of the expertise of other practitioners who have interests similar to ours. National and international experts have written guidelines and consensus reports in recent years. These documents have been studied in depth resulting in a synthesis presented in the last chapter of this book. In sum, we feel that the chapters of this book and the attached discussions well reflect the outstanding meeting that we had near Paris in September 2002. This book should be of great interest and helpful to everyone working in the field. Good readings!

Luc A. Cynober, Frederick A. Moore
Foreword

Severe metabolic alterations frequently occur in critically ill patients. If nutrition plays an important role in critical care, what are the needs for critically ill patients? Are the requirements organ- and/or age-specific? What is the best route of administration in artificial nutrition? If enteral, what exactly does the gut tolerate? In order to answer these questions and to further understand the pathogenesis of and the therapeutic implications for certain diseases, such as pancreatitis, multiple organ failure and sepsis, the topic ‘Nutrition and Critical Care’ was chosen for this Workshop, which took place near Paris in September 2002.

I sincerely thank the two chairmen, Prof. Luc Cynober and Prof. Frederick Moore, both outstanding experts in this field, for establishing the program and inviting as speakers the opinion leaders in the experimental and clinical field of nutrition in critically ill patients suffering from various diseases. Scientists from 20 countries contributed to the discussions that are also published in this book.

Furthermore, I would like to express my gratitude to Mrs. Isabelle Babin, Dr. Franck Arnaud-Battandier and their team from Nestlé France who provided the logistical support and their legendary French hospitality. Dr. Philippe Steenhout from the Nutrition Strategic Business Division in Vevey, Switzerland, was responsible for the scientific coordination. His cooperation with the chairpersons was essential for the success of this Workshop.

Prof. Wolf Endres, MD
Vice-President
Nestec Ltd, Vevey, Switzerland
Contributors

Chairpersons and Speakers

Prof. Simon P. Allison
Clinical Nutrition Unit
University Hospital
Nottingham NG7 2UH, UK
Tel. +44 115 919 4427
Fax +44 115 919 4427
E-mail: simon.allison@mail.qmcuh-tr.trent.nhs.uk

Dr. Vickie E. Baracos
Department of Agriculture, Food and Nutritional Science
University of Alberta
Edmonton, T6G 2P5
Canada
Tel. +1 780 492 7664
Fax +1 780 492 9130
E-mail: vickie.baracos@ualberta.ca

Dr. Mette M. Berger
Surgical Intensive Care Unit
University Hospital (CHUV)
CH–1011 Lausanne
Switzerland
Tel. +41 21 314 2095
Fax +41 21 314 2904
E-mail: Mette.Berger@chuv.hospvd.ch

Dr. Federico Bozzetti
Instituto Nazionale per lo Studio e la Cura dei Tumori
Divisione di Chirurgia dell'Apparato Digerente
Via Venezian 1
I–20133 Milano, Italy
Tel. +39 02 23 903 014
Fax +39 02 23 903 011
E-mail: dottfb@tin.it

Dr. Philip C. Calder
Institute of Human Nutrition
University of Southampton
Bassett Crescent East
Southampton SO16 7PX, UK
Tel. +44 23 8059 4223
Fax +44 23 8059 5489
E-mail: pcc@soton.ac.uk

Prof. René L. Chioléro
Surgical Intensive Care Unit
University Hospital (CHUV)
CH–1011 Lausanne, Switzerland
Tel. +41 21 314 2002
Fax +41 21 314 3045
E-mail: rene.chiolero@chuv.hospvd.ch
Prof. Luc Cynober
Service de Biochimie A
Hôtel Dieu
1, place du Parvis Notre-Dame
F–75181 Paris Cedex 04, France
Tel. +33 1 42 34 82 60
Fax: +33 1 42 34 86 12
E-mail:
luc.cynober@htd.ap-hop-paris.fr

Dr. David N. Herndon
University of Texas Medical Branch
Shriners Hospital for Children
Department of Surgery
815 Market Street
Galveston, TX 77550, USA
Tel. +1 409 770 6731
Fax: +1 409 770 6919
E-mail: dherndon@utmb.edu

Dr. Kenneth A. Kudsk
University of Wisconsin Hospital and Clinics
Department of Surgery
H4/736 Clinical Science Center
600 Highland Ave.
Madison, WI 53792-7375, USA
Tel. +1 608 263 1378
Fax +1 608 263 7652
E-mail: kudsk@surgery.wisc.edu

Dr. Robert Martindale
Section of Gastrointestinal Surgery
Department of Surgery
Medical College of Georgia
1120 15th Street
Augusta, GA 30912, USA
Tel. +1 706 721 4686
Fax +1 706 721 6828
E-mail: rmartind@mail.mcg.edu

Prof. Stephen A. McClave
Division of Gastroenterology/Hepatology
University of Louisville School of Medicine
550 South Jackson Street
Louisville, KY 40202, USA
Tel. +1 502 852 6991
Fax +1 502 852 0846
E-mail: samcclave@louisville.edu

Prof. Lyle L. Moldawer
Department of Surgery
Room 6116, Shands Hospital
University of Florida College of Medicine
PO Box 100286
1600 SW Archer Road
Gainesville, FL 32610-0286, USA
Tel. +1 352 265 0494
Fax +1 352 265 0676
E-mail: moldawer@surgery.ufl.edu

Prof. Frederick A. Moore
Department of Surgery
University of Texas
Houston Medical School
6431 Fannin, Suite 4.264
Houston, TX 77030, USA
Tel. +1 713 500 7228
Fax +1 713 500 7232
E-mail:
frederick.a.moore@uth.tmc.edu

Dr. Josef Neu
Department of Pediatrics
University of Florida
Box J-296
1600 S.W. Archer Road
Gainesville, FL 32610, USA
Tel. +1 352 392 3020
Fax +1 352 846 3937
E-mail: neuj@peds.ufl.edu

Dr. Gérard Nitenberg
Institut Gustave Roussy
39, rue Camille Desmoulins
F–94805 Villejuif
France
Tel. +33 1 42 11 45 06
Fax +33 1 42 11 52 12
E-mail: nitenber@igr.fr

Prof. Peter Stehle
Department of Nutrition Science
University of Bonn
Endenicher Allee 11-13
D–53115 Bonn
Germany
Tel. +49 228 733 680
Fax +49 228 733 217
E-mail: ehw@uni-bonn.de


**Contributors**

**Moderators**

**Prof. Paul Bouletreau**
Hôpital Édouard-Herriot
Deparment Anesthésie-Réanimation
Pavillon P, Place d’Arsonval
F–69437 Lyon Cedex 03, France
Tel. +33 4 72 11 63 10
Fax +33 4 72 68 46 08
E-mail: paul.bouletreau@chu-lyon.fr

**Dr. Jean-Pascal De Bandt**
Faculté de Pharmacie
Laboratoire de Biologie de la Nutrition
4, avenue de l’Observatoire
F–75270 Paris Cedex 06, France
Tel. +33 1 53 73 99 45
Fax +33 1 53 73 99 48
E-mail: debandt@pharmacie.univ-paris5.fr

**Prof. Pierre Déchelotte**
Hôpital Charles-Nicolle
Service Polyclinique
1, rue de Germont
F–76031 Rouen Cedex, France
Tel. +33 2 32 88 64 65
Fax +33 2 32 88 83 57
E-mail: pierre.dechelotte@chu-rouen.fr

**Dr. Raymond Peeters**
Campus Stuyvenberg
Lange Beieldekstraat 267
B–2050 Antwerpen, Belgium
Tel. +32 3 217 71 11
Fax +32 3 217 73 60
E-mail: md.peeters@hetgreetroussaerhuis.be

**Dr. Jean Fabien Zazzo**
Hôpital Antoine Béclère
Département Anesthesie-Réanimation
157, rue Porte de Trivaux
F–92141 Clamart Cedex, France
Tel. +33 1 45 37 49 53
Fax +33 1 45 37 43 42
E-mail: jfzazzo.beclere@invo.edu
Participants

Prof. Kamal Hajiyev / Azerbaijan
Dr. Wim Fassin / Belgium
Dr. Paulo Cesar Ribeiro / Brazil
Dr. Ricardo Rosenfeld / Brazil
Dr. Daren Heyland / Canada
Dr. Khalid Hel Hilal / Dubai
Dr. Alain Bouvet / France
Dr. Cécile Chambrier / France
Dr. Elisabeth Cuchet / France
Dr. Dominique Hanon / France
Dr. Françoise Hanon / France
Dr. Dominique Jusserand / France
Dr. Florence Molenat / France
Dr. Laurent Petit / France
Dr. Jean-Marie Quintard / France
Dr. Pascal Raclot / France
Prof. Christian Löser / Germany
Dr. Ralf-Joachim Schulz / Germany
Prof. Iqbal Moestafa / Indonesia
Dr. Aris Wibudi / Indonesia
Dr. Maria Antonia Fusco / Italy
Dr. Paolo Orlandoni / Italy
Prof. Toshiaki Shimizu / Japan
Dr. Alfonso Fajardo Rodriguez / Mexico
Dr. Fernando Molinar Ramos / Mexico
Dr. Daniel Rodriguez Gonzalez / Mexico
Dr. Robert Tepaske / The Netherlands
Dr. Elizabeth Kanayo Ngwu / Nigeria
Dr. Samuel Yuwa / Nigeria
Prof. Olga Maiorova / Russia
Prof. Demetre Labadarios / South Africa
Prof. Abelardo Garcia de Lorenzo de Mateos / Spain
Dr. Merce Planas Vila / Spain
Dr. Burapat Sangthong / Thailand
Dr. Gordon Carlson / UK
Mrs. Lynne Douglas / UK
Dr. Craig McClain / USA
Dr. Maja Djordevic / Yugoslavia

Nestlé attendees

Dr. Franck Arnaud-Battandier / France
Mr. Laurent Freixe / France
Mr. Hervé Le Henand / France
Mr. Andreas Schläpf / France
Mrs. Kirsten Christiani / Germany
Mr. Giorgio Girol / Italy
Mr. Yasuhide Araki / Japan
Mrs. Patricia Anthony / Switzerland
Mr. Denis Breuille / Switzerland
Mr. Claude Cavadini / Switzerland
Prof. Wolf Endres / Switzerland
Dr. Philippe Steenhoux / Switzerland
Ms. Theresa Voss / Switzerland
Mrs. Vipapan Panitantum / Thailand
Mrs. Sue Jones / UK
Mrs. Carol Siegel / USA