

# Nutrition Support for Critical Care

## Online Evergreen Course

### Who is this course for?

Dietitians with limited knowledge or experience with critical care. This course can also be used as a refresher if you are returning to practice within this area.

### What are the learning objectives of this course?

#### Chapter 1: Physiology

- Outline the processes by which the body reacts to an insult (injury, inflammation, or infection) and relate these processes to various aspects of critical illness.
- Explain how metabolism is altered in critical illness and compare this to metabolism in health and in starvation.
- Describe the way in which critical illness alters normal functioning of the body's cardiovascular, nervous, renal, liver, respiratory and gastrointestinal systems.

#### Chapter 2: ICU Environment

- Describe the ICU environment including the difference between an ICU vs. HDU patient, importance of ward rounds and the ABCD approach.
- Describe the difference between sepsis and septic shock.
- List common medications and infusions that may affect nutritional intervention in the ICU.
- Describe the role of common ICU equipment and understand their effect on nutritional intervention in the ICU including implications.
- Explain the different types, roles, and reasons why IV fluids are used in the ICU.

#### Chapter 3: Nutrition

- Describe common nutrition screening tools that can be used in ICU including those used for high risk patients.
- Describe the limitations of the use of weight surrogate markers to obtain a height estimate in critical care.
- Describe markers of body composition that are not affected by fluid shifts.
- List nutrition-related causes of high and/or low levels of at least common biochemical markers used in ICU.
- Describe how ventilation affects ability to assess nutritional intake.
- Discuss common markers of gastrointestinal function and renal replacement therapy.
- Recommend when nutrition support should be commenced including nutrient supplementation, specialised enteral formula, enteral or parenteral nutrition would be recommended.
- Recognise the maximum amounts of carbohydrate and fat that can safely be infused parenterally in critical care

- Describe tools to enable you to monitor success of the nutrition intervention.

**How long will I have access to the course?**

Once you have been uploaded onto the Learning Management System (LMS), you will have on-going access to the course and associated materials.

**Do I need to complete the course in any order?**

This course is self-paced, which means you can do as little as you like or as much as you like at any given time. It is recommended that you start at Chapter 1 and then progress through to Chapter 3, as each chapter will build on knowledge from the previous chapter.

**What are the course requirements?**

To receive your 'Professional Certificate', you will need to complete the assessment item (Multiple choice Questions (MCQs)) throughout the course. Do not worry, you will have unlimited attempts!

**How long will it take me to do the course?**

This online course is worth 15 CPD hours, so it should take approximately 15 hours to complete. You will need to manually upload your CPD hours for this course.

**Was this course peer-reviewed?**

Yes. This course was peer-reviewed.