

The Canadian Critical Care Nutrition Guidelines in 2013: An Update on Current Recommendations and Implementation Strategies

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Abstract

Clinical practice guidelines (CPGs) are systematically developed statements to assist practitioners and patient decisions about appropriate healthcare for specific clinical circumstances, and are designed to minimize practice variation, improve costs, and improve clinical outcomes. The Canadian Critical Care Practice Guidelines (CCPGs) were first published in 2003 and most recently updated in 2013. A total of 68 new randomized controlled trials were identified since the last version in 2009, 50 of them published between 2009 and 2013. The remaining articles were trials published before 2009 but were not identified in previous iterations of the CCPGs. For clinical practice guidelines to be useful to practitioners, they need to be up-to-date and be reflective of the current body of evidence. Herein we describe the process by which the CCPGs were updated. This process resulted in 10 new sections or clinical topics. Of the old clinical topics, 3 recommendations were upgraded, 4 were downgraded, and 27 remained the same. To influence decision making at the bedside, these updated guidelines need to be accompanied by active guideline implementation strategies. Optimal implementation strategies should be guided by local contextual factors including barriers and facilitators to best practice recommendations. Moreover, evaluating and monitoring performance, such as participating in the International Nutrition Survey of practice, should be part of any intensive care unit's performance improvement strategy. The active implementation of the updated CCPGs may lead to better nutrition care and improved patient outcomes in the critical care setting. (*Nutr Clin Pract.* 2014;29:29–43)

Keywords

critical care; guidelines; nutrition therapy; critical illness; evidence-based practice; nutritional support; enteral nutrition; parenteral nutrition

When applied appropriately, nutrition therapy provided to critically ill patients can result in reduced mortality,^{1,2} fewer infections^{3,4,5} and better health-related quality of life.⁶ However, there is the potential to do harm, particularly if used inappropriately or with the wrong patient population.^{7,8} Over the past 4 years, there have been at least 120 randomized controlled trials published in the area of critical care nutrition. Despite the issues around the quality of the literature published and the need for better designed trials,⁹ several recent landmark studies^{8,10–12} have been published with results contradictory to previous studies and prevailing wisdom. Given the large volume of the evolving nature of the evidence in nutrition, it is challenging for intensive care unit (ICU) practitioners to keep abreast of and adopt best practices. Audits of current nutrition practices in the ICU have repeatedly demonstrated suboptimal and wide variation in practices in Canada and across the world,^{13,14} confirming that best practices are difficult to implement.

Clinical practice guidelines are systematically developed statement to assist practitioner and patient decisions about appropriate healthcare for specific clinical circumstances,¹⁵ are designed to minimize variation, improve costs, and improve outcomes,^{16,17} and are effective in improving the process and structure of care.¹⁸ Over the past decade, there has been a

proliferation of guidelines aimed at educating the bedside ICU practitioner about nutrition therapy.^{19–29} The Canadian Critical Care Practice Guidelines (CCPGs)²⁹ are among the most regularly updated evidence-based guidelines, with updates in 2005, 2007, 2009,²⁷ and their use has been quoted widely in the literature. There are many similarities in the CPGs recommendations when compared to other North American guidelines, that is, the Society of Critical Care Medicine/the American Society for Parenteral and Enteral Nutrition (A.S.P.E.N.)²⁰ and the Academy of Nutrition and Dietetics Evidence Analysis Library.²⁴ These include the use and timing of enteral nutrition (EN), EN fish oils, body position, small bowel vs gastric feeding, and

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Canadian Critical Care Nutrition Guidelines

Julia Schneider



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