STICU/Trauma Floor Enteral Nutrition (EN) Titration Guideline

Titration guideline for patients without intra-abdominal pathology or signs or malnutrition*

- Initiate EN at goal rate
- Follow volume-based feeding schedule
- Do not check gastric residual volumes
- Monitor for signs of clinical intolerance & notify MD/NP if present

Clinical signs of intolerance:
1. abdominal distention
2. nausea & vomiting
3. abdominal cramping
4. diarrhea: >5 loose stools/24h

*Discuss EN titration with dietician prior to starting EN in malnourished patients.

Titration guideline for patients with intra-abdominal pathology

- Initiate EN at 25 ml/h
- Check residuals after 6h.
- Residual >500ml?
  - Replace residual & increase rate by 25 ml/h or to goal
  - Is EN at goal?
    - NO
      - Replace residuals & continue at current rate. Monitor for clinical signs of intolerance
    - YES
      - Replace & hold EN for 2 hours. Then reassess for clinical signs of intolerance and GRV
      - Clinical signs of intolerance present?
        - NO
          - Restart algorithm
        - YES
          - Check residuals after 6h. Residual >500ml?
            - NO
              - Continue to hold EN. Notify MD/NP. Evaluate & treat cause of intolerance. Consider prokinetic agents and ensure appropriate bowel regimen.
            - YES
              - Replace residual and increase rate by 25 ml/h or to goal

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