

PEPUP

Increased protein and energy delivery

What?

Enhanced **P**rotein-**E**nergy **P**rovision via the Enteral **R**oute in Critically Ill **P**atients

Why?

Increase protein and calorie delivery to improve clinical outcomes

How?

Use 24 hour volume-based feeding

- Formula rate is based on a 24 hour volume goal, rather than a set hourly rate

Start with

- Concentrated, well tolerated, peptide-based formula
- Modular protein supplements BID
- Motility agents

Monitor and Adjust as Needed

- Gastric residual volume threshold = 300 mL
- RN changes hourly feeding rate to achieve the 24 hour volume total, and reports nutrition adequacy at rounds

It's Time to Get Pepped Up!

For more information, contact: _____

A collaboration of:



**Critical Care
Nutrition**



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