



# Nutrition for the Critically Ill: A Practical Handbook

*Serena Skerratt, Sheila Adam, Alexa Scott*

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Most critically ill patients on Intensive Care and High Dependency Units will require some kind of nutritional support throughout their illness. Although dietitians prescribe the feeding regimes given to patients and are responsible for assessing the nutritional needs of each patient, the actual day-to-day responsibility for nutritional support falls to the administration of enteral or parenteral nutrition. Both types of nutritional support can be fraught with problems, notably with the types of tubes used and the nutritional feeds given.

This is the first clinical handbook of its kind, and as such all dietitians based on ICUs and HDUs should have in their pockets and all IC critical units should have a copy for the nursing staff to consult. Unfortunately many critically ill patients leave these kind of units severely malnourished and this book could help prevent this by offering clear, sound and practical advice and information.

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