Nutrition in Intensive Care Medicine: Beyond Physiology

Volume Editor

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18 figures, and 26 tables, 2013
To Xavier Leverve, with whom I would have loved to edit this book and who we miss so much, to all the members of the Intensive Care Department at the Rabin Medical Center, caring for life 24/365, and to my extraordinary supporting family.
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Preface

The ICU patient has changed tremendously in the last decade. Older, more comorbid, suffering from more than one acute and chronic illness, and already cured from previous diseases, the patient is improving his outcome with the help of more knowledge and assistance of computerized systems and advanced technologies. In this new landscape, the nutrition field has made tremendous progress. This book, starting from the cell level, analyzes nutritional support at various levels: tissue, organ, compartment, and finally the whole body aspect. Inspired by many recent prospective randomized studies, a new approach for oral, enteral, and/or parenteral nutrition is proposed.

The second part of this book underlines the interference between nutrition and outcome to reach recovery, giving to this field an increased importance for better short- and long-term management. The best glucose control, individualized nutritional support, and avoidance of harmful interferences are extensively discussed. The appropriate nutrition in real-time for the changing ICU patient: this is the goal! New nutrients and formulas are available, helping us to create a better frame and to propose more individualized nutrition. Finally, changing the approach to the complex critically ill patient requires a better understanding of the interactions between disease and nutrition. We need to improve our approach to multiorgan failure patients. Identification of the metabolic condition of the patient, existence or not of evidence-based medicine, expert opinion, treatment opportunities, and the case manager recognizing threats are all integrated to reach the appropriate decision. This part will help the reader untangle the complexity of the ICU patient of the 21st century and proposes a personalized nutritional support process.

We hope that the contribution of some of the most eminent experts in the fields described will add more understanding to the physiological changes observed in the ICU patient and take the readers to new horizons: beyond physiology!

_Pierre Singer, MD, Petah Tikva_