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Edited by Peter Faber and Mario Siervo  
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**Nutrition in Critical Care**

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# Nutrition in Critical Care

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## Preface

Nutritional sciences have rapidly expanded within the last few decades with an increasing amount of studies available to guide best evidence practice. Nutrition and the effects of too little, too much, and not the right composition are publicly discussed almost daily amongst the press and politicians. Everybody appears to have an opinion when it comes to the benefits and damages to human health by either the right or wrong diet. Unfortunately, many of these views are carried over into professional healthcare in hospitals where the nutritional support of patients often does not receive adequate attention. Technological and medicinal development in patient care may often result in the nutritional needs of patients being pushed down the list of priorities. Additionally, a lack of personal scientific knowledge of nutrition may result in many clinicians and healthcare workers steering clear of engaging with the nutritional requirements of patients and the benefits optimal diets offer to patient care. No more so is this true than within the critical care environment. Frequently, nutritional assessment and management is not comprehensively integrated into overall patient care. Fortunately, due to the increasing public interest in health and nutrition many clinicians are now starting to engage with nutritional sciences as a tool to improve patient care and prognosis.

The editors of this book have assembled contributions from internationally recognized authors to assist healthcare professionals working within the critical care environment in implementing current best evidence in nutritional support of patients. With this book, it is the hope of the editors not only to provide nutritional support guidelines for the various group of patients admitted to the Critical Care Unit, but also to allow a basic scientific knowledge aiding clinical discussions and decisions. This book should prove useful to those studying nutrition in critical care, but it may also provide an accessible guide for the resident to assist with the nutritional assessment of patients and therapeutic strategies. The book is aimed at doctors, nurses, dieticians, and practitioners working within the critical care environment.

The editors would like to thank all the contributing authors. Without their time and dedication this book would not have happened. We would also like to thank Cambridge University Press, and especially Joanna Chamberlin and Nisha Doshi, for accepting this project and assisting us in getting it completed.