

Round-2 Protein nutrition and adjuvant exercise in the ICU

second round of a Delphi exercise to highlight opinions of different professional groups involved in patient critical care

* Required

1. My email address is *

2. Which professional group do you belong to? *

Intensivist

☐

ICU Dietician

☐

ICU physiotherapist

☐

Opinions about protein intake in the ICU

3. **Protein consumption in the ICU should be: ***

[illegible]

5. Adequate protein provision could affect standard clinical outcomes regarding: *

[illegible]

boluses,
compared to
steady state
enteral delivery
could have a
negative effect
on gastric
function (*e.g.*,
vomiting and
aspirates)



Opinions about adjuvant exercise in the ICU

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• • •

9. 'Exercise' (contractile activity) concomitant to adequate protein intake could affect patient-focused outcomes regarding: *

[illegible]

10. 'Exercise' (contractile activity) concomitant to adequate protein intake could affect standard clinical outcomes regarding: *

	Strongly Disagree	Disagree	Neutral	Strongly Agree	Agree	Unsure
Reduce ICU mortality	☐	☐	☐	☐	☐	☐
Increase ICU mortality	☐	☐	☐	☐	☐	☐
Shorten ICU length of stay	☐	☐	☐	☐	☐	☐
Increase ICU length of stay	☐	☐	☐	☐	☐	☐
Increase ventilator free days	☐	☐	☐	☐	☐	☐
Decrease ventilator free days	☐	☐	☐	☐	☐	☐

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