

Día	Algoritmo clínico de actuación en Soporte Nutricional Mixto	
1	<p>Evaluación individual</p> <p>Situación hemodinámica controlada¹ Ingesta oral no posible >3 días² Valoración nutricional³⁻⁵:</p> <ul style="list-style-type: none"> • NUTRIC-SCORE ≥5 • Considerar enfermos en riesgo de realimentación <p>Objetivo nutricional⁶⁻⁹:</p> <ul style="list-style-type: none"> • 20-25 kcal/kg/día y • 1,2-2,5* g proteínas/kg/día • Revaluar regularmente <p>*situaciones especiales</p> <p>Iniciar NE (si no contraindicación)¹⁰⁻¹⁴</p> <ul style="list-style-type: none"> • 10-20 ml/h en las siguientes 24 h. 	
2	<p>Nutrición</p> <p>Aumento gradual de la NE¹⁵⁻¹⁷</p> <ul style="list-style-type: none"> • Objetivo: alcanzar el 80 % de los requerimientos • Si tolerancia gastrointestinal, incrementar según protocolo habitual en las siguientes 24-48 h 	<p>Monitorización</p> <p>Tolerancia gastrointestinal²⁷⁻³⁴</p> <ul style="list-style-type: none"> • Monitorizar: <ul style="list-style-type: none"> - PIA, distensión abdominal o dolor > descartar patología abdominal - Diarrea > descartar <i>Clostridium difficile</i> - Vómitos, regurgitaciones > comprobar sonda nasogástrica - Estreñimiento - Residuo gástrico (>500 ml) • Optimizar/Valorar: <ul style="list-style-type: none"> - Sedación - Procinéticos - Fibra - Laxantes - Sonda transpilórica - Tipo dieta enteral
≥3	<p>Evaluación del objetivo calórico-proteico¹⁸⁻²⁰</p> <p>¿Se ha alcanzado menos del 60 % del objetivo calculado?</p> <ul style="list-style-type: none"> - Incluir aporte: propofol, suero glucosado, líquidos de diálisis y módulos de proteína <p>↓</p> <p>SOPORTE NUTRICIONAL MIXTO²¹⁻²³</p> <ul style="list-style-type: none"> • Iniciar NP para suplementar las calorías y proteínas necesarias para alcanzar el 100 % del objetivo calórico-proteico • Evitar la sobrenutrición <p>↓</p> <p>Incrementar la NE en función de la tolerancia gastrointestinal, promover la ingesta oral y reducir acorde la NP²⁴⁻²⁶</p>	

ARTÍCULOS ESPECÍFICOS DE CADA PUNTO

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