Nutrition Care of Severe Acute Pancreatitis (SAP)
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Background
Pancreatitis is an inflammation of the pancreas

Causes of Acute Pancreatitis
1. Alcohol
2. Gallstones
3. Hypertriglyceridemia (HTG)

Symptoms: Abdominal pain, nausea, vomiting

HTG caused Acute Pancreatitis
• Progressive risk with TG >500 mg/dL
• Risk increases further with TG >1000 mg/dL
• Etiology
  • Primary: Genetic disorders of lipid metabolism
  • Secondary: Poorly controlled diabetes
  • Most common underlying cause in a case series of 70 patients
  • Lactescent serum in 45% of patients
  • Mean serum TG of 4587 +/- 3616 mg/dL
• Alcohol
• Pregnancy, estrogen supplementation

Assessment
63 year old intubated male transferred from OSH with SAP

Anthropometric
• Height: 185 cm
• Admit weight: 140 kg
• BMI: 40.9
• Ideal BW (IBW): 80kg

Biochemical: Triglycerides: 5,000 mg/dL (normal: <150mg/dL)

Medical History
• Type 2 Diabetes
• Hypertension
• Asthma

Nutrition Requirements in SAP: Similar to sepsis
• 25-35 kcal/kg
• 1.2-1.5 g protein/kg
• Begin early enteral support
  • Feeding tube (FT) placement past the ligament of Treitz
  • Eliminates pancreatic stimulation

Estimated needs: 2691-3105kcal (1.3-1.5 x Harris Benedict BEE)*
165 g protein (1.5 g/kg)*
*Adjusting body weight for obesity (ABW=110 kg)

Diagnosis:
Inadequate PO intake related to intubation, as evidenced by NPO for 2 days (since admit to OSH)

Intervention
Once stable, advance FT past ligament of Treitz

Hospital Day 5: FT in 2nd portion of duodenum
Begin Vivonex @ 10mL/hr advancing to goal of 115 mL/hr
• 2760 kcal (25 kcal/kg ABW)
• 138 g protein (1.3 g/kg ABW)

Hospital Day 6: Develops Acute Kidney Injury (AKI)- Begin daily hemodialysis (HD)

Nutrition Requirements for HD:
• 30-35 kcal/kg IBW for adults >60 years old
• 1.2-1.3 g protein/kg IBW-may be higher for...
  • Acutely ill patients
  • Patients receiving HD > 3 times per week

Nutrition Prescription: Nepro per nephrology @ 60mL/hr + 60mL prostat q 12 hrs
• 2832 kcal (35kcal/kg IBW)
• 177 g protein (2.2 g/kg IBW or 1.6 g/kg ABW)

Hospital Day 14: Now on continuous HD (CRRT)
->1L pale, greasy stool per day

% Calories Nepro Promote with Fiber
Fat 48% 25%
Carbohydrate 34% 50%
Protein 18% 25%

Nutrition Prescription: Promote with Fiber @ 115mL/hr + 30mL prostat q 12 hrs
• 2882 kcal (36 kcal/kg IBW)
• 203 g protein (2.5 g/kg IBW or 1.8 g/kg ABW)

Hospital Day 21: Stool more formed
• Metabolic cart shows AMEE= 2656 kcal/kg

Nutrition Prescription: Promote with Fiber @ 100mL/hr + 30mL prostat q 6 hrs
• 2640 kcal (36 kcal/kg IBW)
• 210 g protein (2.6 g/kg IBW or 1.9 g/kg ABW)

Hospital Day 28: Tracheotomy performed
• Repeat metabolic cart shows AMEE= 2673 kcal/kg