gutflix
GI learning, personalised

Summary

ESPEN micronutrient guideline

Mette M. Berger

Standards and Guidelines

Small Intestine & Nutrition

March 30, 2022

ESPEN guideline provides consensus recommendations for assessment, monitoring, and provision of 26 micronutrients in clinical nutrition practice.

KEY POINTS

- The guideline addresses trace elements and vitamins (micronutrients) which are essential for human metabolism and whose deficiencies impact outcomes in common pathologies.
- A standardized terminology is proposed to clarify imprecise use of terms such as deficiency, repletion, complement, and supplement.
- The guideline contains 170 recommendations for 26 micronutrients, covering main functions, optimal analytical methods, impact of inflammation, potential toxicity, and provision during enteral or parenteral nutrition.
- Evidence quality is limited due to few interventional trials; recommendations achieved strong consensus (>90% agreement) through expert process.
- The guideline identifies critical micronutrients with deficiencies present in numerous acute and chronic diseases and proposes monitoring and management strategies for at-risk patients receiving nutritional support.

VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/ea577358-9360-11ed-855a-0242ac140004

AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.