

## Special Issue

# Nutritional Support for Critically Ill Patients

### Message from the Guest Editors

In the high-stakes environment of the intensive care unit (ICU), nutrition often remains an underappreciated component of patient care. Yet, it is increasingly recognized that timely and individualized nutritional support is not merely supportive but therapeutic, influencing outcomes such as infection rates, length of stay, and mortality.

The recent literature has highlighted several critical challenges in ICU nutrition. A notable article, “Nutrition therapy for critically ill patients—Five key problems”, identifies persistent issues, including the immunologic background of catabolism, determining energy goals during the acute phase, quantifying endogenous energy production, assessing protein requirements, and the need for individualized nutrition therapy. These challenges underscore the complexity of providing effective nutritional support in critical care settings.

This Special Issue of *Nutrients*, titled “Nutritional Support for Critically Ill Patients”, seeks to address these challenges by bringing together research and clinical insights that can inform and improve nutritional practices in the ICU.

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## Nutrients

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## About the Journal

### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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