

Dan Chan

How have nutritional recommendations changed for critically ill patients? | *Dan Chan*

With greater recognition that nutrition plays an important role in the recovery of critically ill patients, various recommendations regarding caloric targets, enteral and parenteral nutrition, the timing for initiation of nutritional support and even the composition of diets have been made. In this presentation we will review the evidence behind these recommendations and how these have been changed in recent years based on emerging evidence. In particular, aspects relating to time of initiating nutritional support, the route of feeding, use of specific feeding tubes and particular nutrients will be reviewed.

Revisiting the potential role of antioxidant therapy in critical care | *Dan Chan*

The interest in using antioxidants in critically ill patients is not a recent development. In fact, this line of enquiry spans decades but with mixed results. The reason to discuss the current state of oxidative stress and antioxidants in context of critical care is because the recent assessment of this field concludes that the extent to which oxidative stress participates in the pathology of diseases is quite variable and that attempting to increase antioxidant defences after the injury has occurred may be of limited value in many instances. In this presentation we will review the role of oxidative stress, the limitations of using antioxidant quenchers after the injury and discuss developments in the field aimed at improving host defences against oxidative injury in the context of critical care.