



AT A GLANCE - THANK YOU ALL FOR YOUR COMBINED EFFORTS!

- **EFFORT Ultrasound sub study!** Recently, 5 LATAM research teams have been successfully trained in the ultrasound procedures. We are preparing to activate our first ICUs in this sub study mid-October. This sub-study is where we will evaluate the effect of prescribing a higher dose (≥ 2.2 grams/kg/day) of protein/amino acid administration compared to patients prescribed a usual protein dose (≤ 1.2 gram/kg/day) on muscle quality and quantity measured by US of quadriceps.
- **We invite you to participate in the EFFORT Ultrasound (US) Sub-study**
For more Information contact us: Alfonso Ortiz (laor@quensu.ca) or visit our website: <https://www.criticalcarenutrition.com/effort/effort-ultrasound-substudy>

WELCOME TO OUR NEW COLLEAGUES:

**11 New
ICUs!**

- St Georges' University Hospitals NHS Foundation Trust -UK
- Royal Stoke Hospital-UK
- East Suffolk & North Essex Foundation Trust - Ipswich Site-UK
- Royal Blackburn Hospital
- Yeovil District Hospital NHS Foundation Trust-UK
- North Bristol NHS Trust-UK
- University Hospital Lewisham-UK
- Queen Elizabeth Hospital-UK
- Virtua Voorhees-USA
- Virtua Memorial-USA
- Virtua Marlton-USA

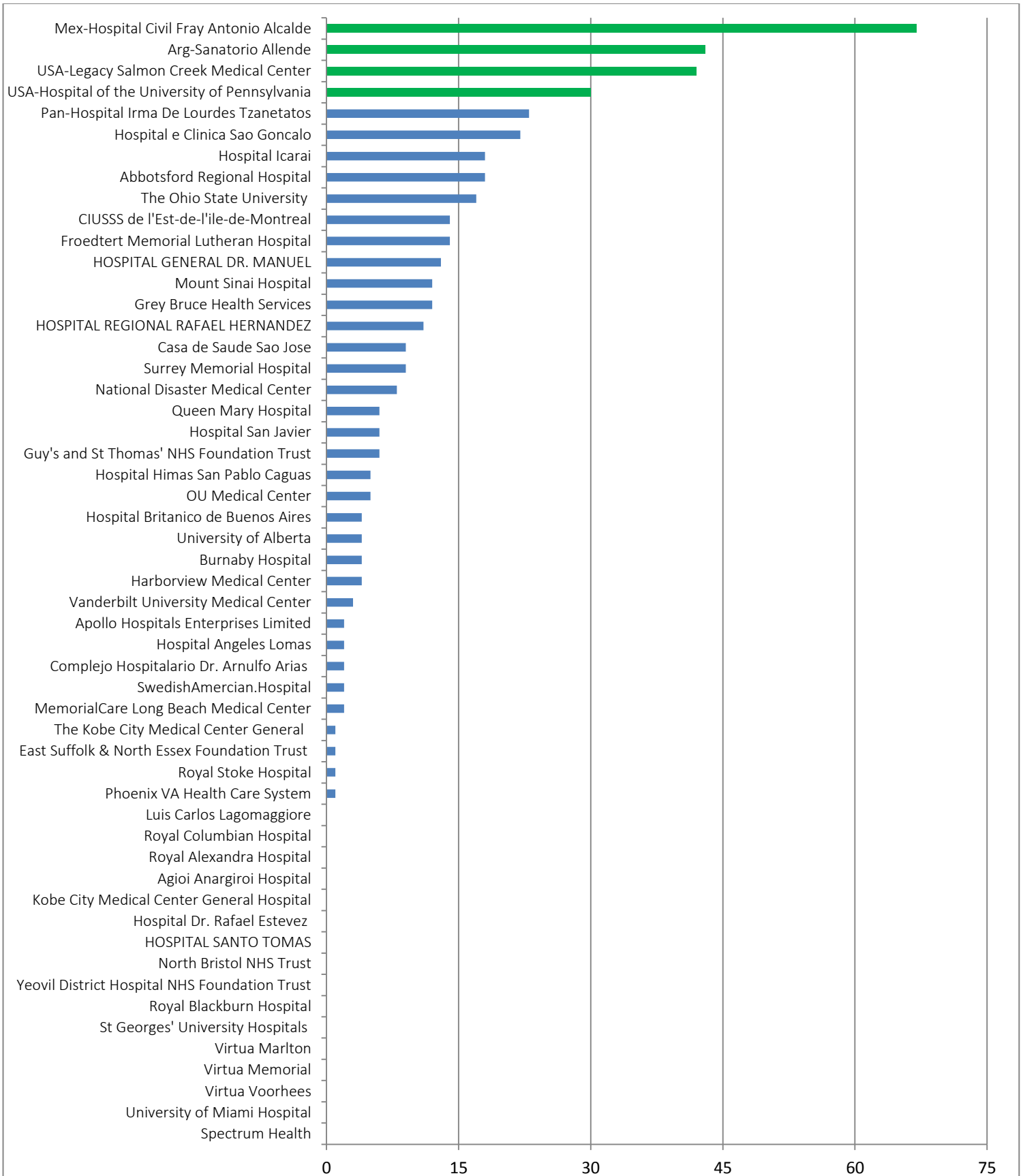
EFFORT STATS

At the end of September we have enrolled **a total of 443 patients** from **53 ICUs** in **12 countries** across the world. The Latin American teams are still leading with **51%** of the total enrollments. North American Colleagues are not so far behind! **CONGRATULATIONS LATAM TEAM!**

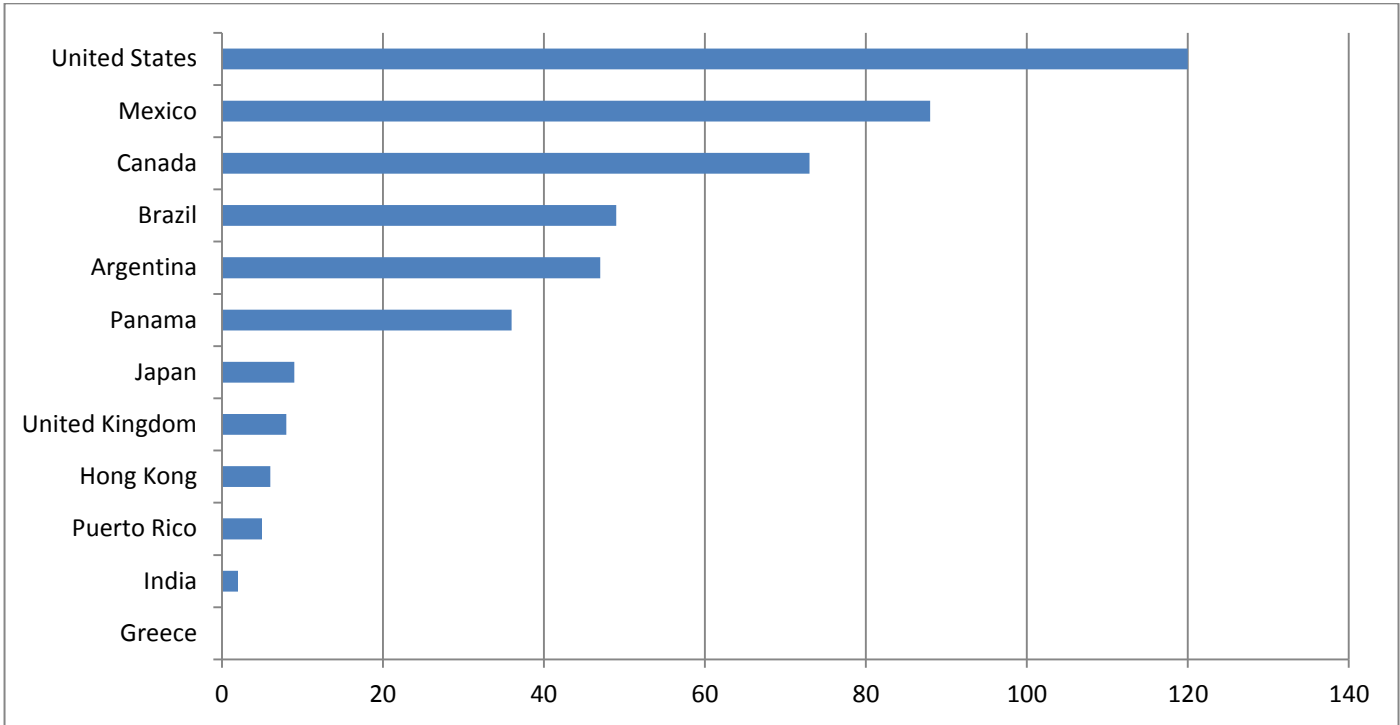
Visit our website for the latest enrollment stats. The ENROLLMENT of patients from different regions around the world makes the sample size heterogeneous. Thus, this results in generalizability of the trial results.

We anticipate in the upcoming months more sites from United Kingdom, Asia, North and Latin America will be activated.

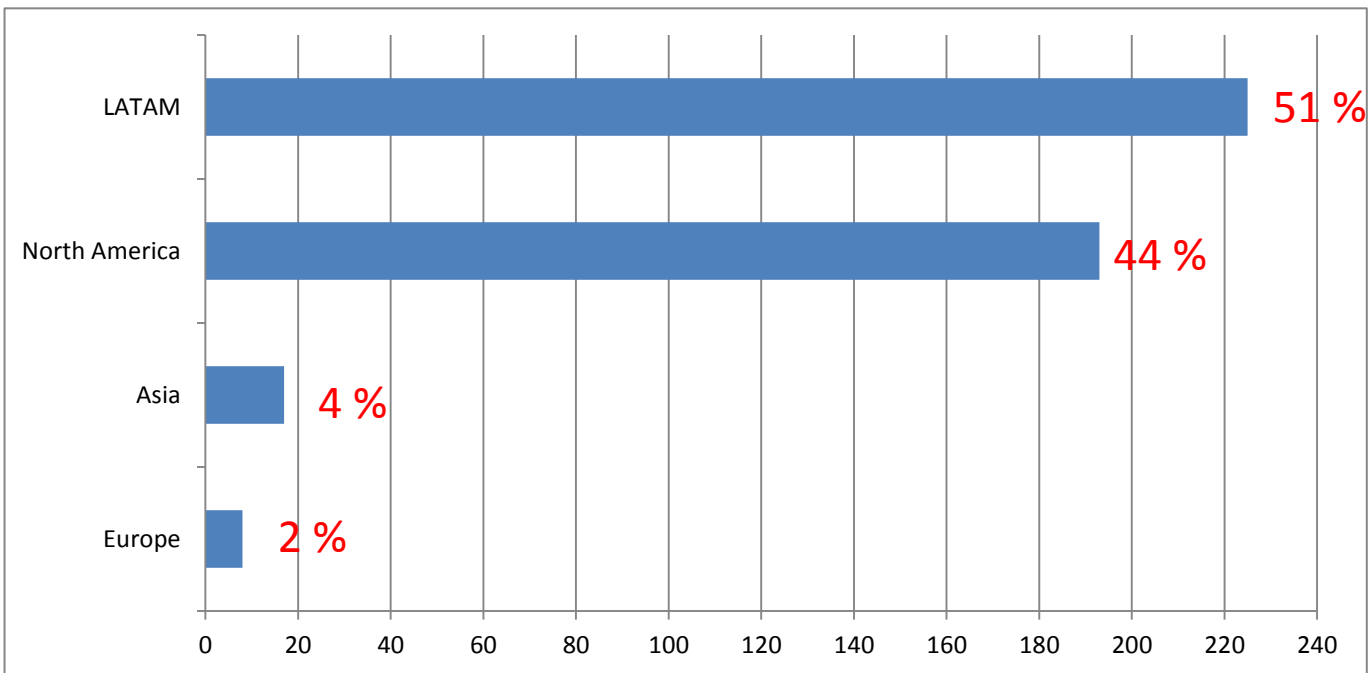
EFFORT STATS (2019-09-30)



Enrollments per Country



Enrollments per Region



EFFORT ULTRASOUND

Our Colleagues from RWTH Aachen University, Aachen, Germany, provided ultrasound training to our Latin American Teams during the Panamanian Conference of Clinical Nutrition and Metabolism.

To know more about this exciting study visit our website:

<https://www.criticalcarenutrition.com/effort/effort-ultrasound-substudy> The full protocol, manuals, and tools are ready to download so you can prepare your Ethics amendment and obtain approval to participate in this sub study. If you have questions, please send your email to

laor@queensu.ca



VIII Congreso Panameño de Nutrición Clínica y Metabolismo
I Congreso Panameño de Nutrición Clínica Pediátrica
V Congreso Regional Norte de FELANPE



FINALIZE YOUR PATIENTS TO RECEIVE YOUR BENCH MARKED REPORT

Bench Marked Reports are in the development phase and sites that have 30 finalized patients or more will receive this detailed report that highlighting their nutrition performance compared to the performance in other sites in the database. Example here

https://www.criticalcarenutrition.com/docs/INS2014/SiteReport_deidentified%20site.pdf

As always, patient recruitment is the top priority, so please continue to balance screening and enrolling patients and complete your data entry and query resolution in a timeline manner.

DID YOU MISS THE EFFORT WEBINARS? NO WORRIES, VISIT OUR WEBSITE FOR THE TAPED SESSIONS

- **Optimizing EN therapy in critically ill patients**
 - <https://youtu.be/M9k0Va1lmGQ>
- **Top EFFORT Sites & Best Practices**
 - <https://youtu.be/TfxjA4nqyss>

Follow us on twitter



The image shows a screenshot of a Twitter profile for 'Critical Care Nutrition'. At the top left, there is a blue back arrow and the name 'Critical Care Nutrition' with '337 Tweets' below it. The profile picture is a circular logo with a blue molecular structure. The header image is an aerial view of a large hospital complex with multiple buildings and green spaces. Below the header image is a blue 'Edit profile' button. The bio section reads: 'Critical Care Nutrition @CriticalCareNu1 To improve nutrition therapies in critical care by knowledge generation, synthesis & translation that will translate into better outcomes for patients'. Below the bio, it shows the location 'Kingston, Canada + Aachen, Germany', the website 'criticalcarenutrition.com', and 'Joined November 2018'. At the bottom, it displays '361 Following' and '409 Followers'.