

Supplement Table 13. Summary of randomized controlled trials comparing trophic versus full feeding in critically ill adult patients (KQ7)

Author (year)	Country	Study design	ICU type	Patients, n (T/F)	Age (yr) (T/F)	Male/female	APACHE II (T/F)	Study population	EN initiation	Definition of caloric intake for each group	Protein target	Outcomes reported
Rice, 2011 [82]	USA	RCT	Medical	98/102	53.0±19.0/ 54.0±17.0	T: 39/59, F: 47/55	26.9±8.1/ 26.9±6.6	Mechanically ventilated patients with acute respiratory failure	initiated within 12 hr of randomization (Likely ≤24–72 hr of ICU admission)	Trophic feeding: 10 mL/hr, 1–1.2 kcal/mL; advanced to full-energy feeding after 6 days if still ventilated Full-energy feeding: 25 mL/hr, 1–1.2 kcal/mL; target 25–30 kcal/kg/day (non-protein, predicted body weight)	1.2–1.6 g/kg/day	VFDs, 28-day mortality, organ failure free day, ICU free day, hospital free day, GI intolerance, new infection
Rice, 2012 [83]	USA	RCT	Mixed	508/492	52.0±17.0/ 52.0±16.0	T: 267/241, F: 243/249	92.0±28.0/ 90.0±27.0 ^a	Mechanically ventilated patients with ALI	initiated within 6 hours of randomization	Trophic feeding: EN initiated at 10 mL/hr (10–20 kcal/hr) or adjusted to ~20 kcal/hr; maintained for 6 days, then advanced to full-feeding protocol Full-feeding: EN initiated at 25 mL/hr; advanced to goal of 25–30 kcal/kg/day (non-protein) and 1.2–1.6 g/kg/day (protein)	1.2–1.6 g/kg/day	VFDs, percentage of goal enteral feeding, frequency of gastrointestinal intolerances, 60-day mortality before hospital discharge, ICU- and organ failure-free days, and new infections
Wang, 2020 [84]	Taiwan	RCT	Medical	76/74	67.19±14.7 /67.39±16.6 [†]	T: 32/44, F: 31/43	25.77±6.68 / 25.81±5.49 ^b	Mechanically ventilated patients with respiratory failure	NR	Trophic feeding: approximately 600 kcal/day Full feeding: 25 kcal/kg/day	NR	Hospital mortality, 14-day mortality, 28-day mortality, duration of MV, HLOS, ICU LOS

ICU, intensive care unit; T, trophic feeding; F, full feeding; APACHE II, Acute Physiology and Chronic Health Evaluation II; EN, enteral nutrition; RCT, randomized controlled trial; VFDs, ventilator-free days; GI, gastrointestinal; ALI, acute lung injury; NR, not reported; MV, mechanical ventilation; H, hospital; LOS, length of stay.

^aThe values are based on APACHE III.

^bResults presented by subdividing patients into high- and low-nutrition risk groups were combined and reported as integrated outcomes.

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