

Supplement Table 54. Characteristics of randomized controlled trials comparing early versus delayed enteral nutrition in patients with traumatic brain injury (KQ22)

Author (year)	Country	Study design	Sample size (early / delayed)	Age (yr) (E/D)	Male/ female (E/D)	Study population	APACHE II (E/D)	GCS (E/D)	Definition of early and delayed EN	Energy requirements	Protein target	Outcomes
Chourdakis, 2012 [349]	Greece	RCT	34/25	E:36.13±14.7 , D: 33.3±12.96	E: 26/8, D: 21/4	Patients with traumatic brain injury admitted to the intensive care unit	E: 15.35±5.26, D: 16.0±6.01	E: 5.81±1.94, D: 5.22±1.95	EEF: initiated within 24–48 hours of ICU admission DEF: initiated after resolution of gastroparesis (>48 hr) but no later than 5 days after ICU admission, with the goal of reaching 100% of nutritional needs within 4 days.	Resting energy expenditure was measured by indirect calorimetry	1.5 g/kg/day	VAP, Non-VAP, CNS infections, bacteremia, urinary system infection, hyperglycemia, feeding intolerance, diarrhea, constipation, mortality (within 72 hr, considered as ICU mortality and hospital mortality), ICU length of stay (LOS)
Wang 2023 [350]	China	RCT	77/75	E: 46.37±9.94, D: 45.48±9.32	E: 44/33, D: 40/35	Patients older than 18 yr diagnosed with traumatic intracerebral hemorrhage	E: 14.2±1.9, D: 14.1±1.7	E: 8.6±1.3, D: 14.1±1.7	EEN: initiated within 48 hours of ICU admission (≤48 hr) DEN: initiated after 48 hours of ICU admission (>48 h)	20–35 kcal/kg/day	>1 g/kg/day	GCS score, mRS score, GOS score, intestinal flora changes, ACTH, cortisol, GC, glucose, hemoglobin, albumin, prealbumin, intracranial rebleeding, acute hydrocephalus, chronic hydrocephalus, mortality

E, early enteral nutrition group; D, delayed enteral nutrition group; APACHE II, Acute Physiology and Chronic Health Evaluation II; GCS, Glasgow Coma Scale; EN, enteral nutrition; RCT, randomized controlled trial; EEF, early enteral feeding; ICU, intensive care unit; DEF, delayed enteral feeding; VAP, ventilator-associated pneumonia; CNS, central nervous system; ACTH, adrenocorticotrophic hormone; mRS, modified Rankin Scale; GOS, Glasgow Outcome Score; GC, glucagon.

