



ABSTRACT

Micronutrient forgotten or missed in critically ill patients

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There is growing interest in the role of micronutrients (essential trace elements and vitamins) in optimizing health and in the prevention or treatment of some diseases. But we must not forget that micronutrients must also be considered in critically ill patients. There is a big difference.

When we care for a critically ill patient, there are different factors that determine the current severity, especially those underlying diseases or in the absence of previous disease at the time of admission.

Regardless of the cause (patient admitted for distributive or hyperdynamic shock (septic shock, acute pancreatitis, anaphylaxis, spinal cord trauma, etc.) or for hypodynamic shock (cardiogenic, obstructive, hemorrhagic, hypovolemic shock, etc.), initial therapy should not be They only give mechanical or pharmacological support with the idea of keeping the patient alive. They all share similar supports from the nutritional point of view, but many times we forget about those small needs that are often vital.

Most of our readers think that in order to nourish these patients it is necessary to provide carbohydrates, fats, and proteins in adequate doses for the adjusted weight and cause of the shock. We also know that we must provide certain vitamins and other trace elements such as minerals (including selenium, iron and copper or zinc). But there are more micronutrients and also nano nutraceutical structures that we sometimes forget or missed when prescribing nutritional support.

We will review the generally accepted essential inorganic micronutrients (trace elements), as well as the organic ones (fat-soluble and water-soluble vitamins) for which there is some scientific evidence of their deficiency, but also those for which they have not been clearly reported or because we lack information, but which its supplementation (v-3 fatty acids or coenzyme Q) can provide significant benefit without added harm.

Keywords: micronutrients, trace elements, omega 3 fatty acid, coenzyme Q10

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