

The impact of **high** versus **standard protein** provision on **functional recovery** following ICU admission

Inclusion

- ≥18 years
- Unplanned ICU admission
- Invasive mechanical ventilation <24 hours after ICU admission
- Expected ICU stay on mechanical ventilation of 3 days or more

Exclusion

- Contraindication to enteral nutrition
- Moribund or withholding of treatment
- Kidney failure AND a "no dialysis"-code
- Hepatic encephalopathy (West Haven grade 3-4)
- BMI <18 kg/m²

Randomization

High protein: 2.0 g/kg/day

Standard protein: 1.3 g/kg/day

End of intervention: enteral nutrition not longer required OR ICU discharge OR day 90 of ICU admission

Follow-up

30 days

90 days

180 days

Primary outcome: **EQ-5D-5L Health Utility Score** over 180 days

Secondary outcomes[†]

- Overall survival
- Short Form Health Survey (SF-36)
- Hospital Anxiety and Depression Scale (HADS)
- Impact of Event Scale - Revised (IES-R)
- 6-minute walk test
- Hand grip strength
- Medical Research Council (MRC)-sum score
- Rockwood Clinical Frailty Scale