How to influence practice change:
A practical workshop.
Case Scenario

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*Is this patient expressing Refeeding Syndrome?*
ESPEN guideline on clinical nutrition in the ICU. *Clinical Nutrition* 2019;38:48-79.
**Recommendation 56**

In patients with refeeding hypophosphatemia (\(< 0.65 \text{ mmol/l} or a drop of > 0.16 \text{ mmol/l}\)), electrolytes should be measured 2-3 times a day and supplemented if needed. Grade recommendation: GPP, strong consensus (100% agreement)

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In patients with refeeding hypophosphatemia energy supply should be restricted for 48 h and then gradually increased. Grade recommendation: B, strong consensus (100% agreement)

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*How do you convince/influence your intensive care clinicians to reduce caloric intake during the management of refeeding syndrome?*
Key References

ESPEN guideline on clinical nutrition in the ICU. *Clinical Nutrition* 2019;38:48-79.


www.EvidenceBased.net
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They love change, and will eventually influence everyone else!

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• Humanism
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  • they never ‘talk down to’ their colleagues

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Use Academic detailing on your Educationally Influential Innovators

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“short, one-to-one conversations between a detailer and a practitioner with the goal of persuading the detaiilee to change behavior through useful information and evidence”

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1) Don’t fight with Laggards

2) Identify Innovators who are Educationally Influential

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4) Add tincture of time (be patient).