



ESPEN GUIDELINES

ESPEN Guidelines on Enteral Nutrition: Cardiology and Pulmonology ☆

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Summary These guidelines are intended to give evidence-based recommendations for the use of enteral nutrition (EN) in patients with chronic heart failure (CHF) and chronic obstructive pulmonary disease (COPD). They were developed by an interdisciplinary expert group in accordance with officially accepted standards and are based on all relevant publications since 1985. They have been discussed and accepted in a consensus conference.

EN by means of oral nutritional supplements (ONS) or tube feeding (TF) enables nutritional intake to be maintained or increased when normal oral intake is inadequate.

Abbreviations: EN, enteral nutrition. EN is used as a general term to include both ONS and tube feeding. When either of these modalities is being discussed separately this is specified in the text. Normal food/normal nutrition: normal diet as offered by the catering system of a hospital including special diets; PEG, percutaneous endoscopic gastrostomy; RCT, randomized controlled trial.

☆ For further information on methodology see Schöts et al.^{1,2} For further information on definition of terms see Lochs et al.^{3,4}

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△ The authors of the DGEM (German Society for Nutritional Medicine) guidelines on enteral nutrition in cardiology are acknowledged for their contribution to this article.

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