

Additional File 3: Table describing the barriers score at baseline and follow up and the change in barriers score for each item, subscale, and overall

Barrier	Before (n=182)	After (n=118)	Change in Score	Site Range		P-value
	Mean Score (SD)	Mean Score (SD)		Min	Max	
Overall Score	30.5 (23.1)	20.8 (22.7)	-9.7	-4.3	-26.04	0.0004
Subscale 1: Guideline Recommendations and implementation Strategies	23.8 (24.4)	16.9 (26.7)	-6.9	-1.6	-18.1	0.02
1. Current scientific evidence supporting some nutrition interventions is inadequate to inform practice.	22.9 (29.9)	17.8 (29.8)	-5.1	0.8	-21.0	0.15
2. The current national guidelines for nutrition are not readily accessible when I want to refer to them.	31.3 (26.3)	15.8 (29.5)	-15.5	-7.2	-25.0	<0.0001
3. The language of the recommendations of the current national guidelines for nutrition are not easy to understand.	21.6 (31.9)	13.8 (27.0)	-7.8	-2.7	-27.4	0.03
4. No feeding protocol in place to guide the initiation and progression of enteral nutrition.	24.5 (31.3)	19.5 (33.6)	-5.1	1.1	-15.1	0.19
5. Current feeding protocol is outdated.	18.5 (29.4)	17.5 (32.2)	-1.0	0.8	-15.7	0.79
Subscale 2: ICU Resources	30.5 (31.1)	20.9 (28.7)	-9.6	0.3	34.1	0.008
6. Not enough nursing staff to deliver	18.9 (31.8)	11.9 (27.4)	-7	0.2	-33.3	0.05

adequate nutrition.							
7. Enteral formula not available on the unit.	34.2 (38.3)	22.3 (36.2)	-11.9	-3.8	-30.2	0.007	
8. No or not enough feeding pumps on the unit.	38.3 (38.5)	28.5 (36.5)	-9.7	2.3	-38.9	0.03	
Subscale 3: Dietician Support	29.7 (26.9)	21.1 (28.5)	-8.6	-1.4	-18.1	0.009	
9. Waiting for the dietician to assess the patient.	28.2 (33.8)	17.2 (30.7)	-11.0	-5.0	-23.0	0.004	
10. Not enough dietician time dedicated to the ICU during regular weekday hours.	22.9 (32.8)	13.8 (27.7)	-9.1	-2.6	-19.8	0.01	
11. No or not enough dietician coverage during weekends and holidays.	37.4 (36.2)	28.0 (36.7)	-9.4	-2.4	-19.4	0.03	
12. Not enough time dedicated to education and training on how to optimally feed patients.	30.4 (31.8)	25.4 (36.6)	-5.0	2.2	-17.9	0.21	
Subscale 4: Delivery of Enteral Nutrition to the Patient	37.4 (27.7)	25.4 (27.3)	-12.0	-2.3	-36.0	0.0003	
13. Delay in physicians ordering the initiation of EN.	37.9 (34.6)	27.7 (33.3)	-10.2	-2.1	-27.0	0.01	
14. No feeding tube in place to start feeding.	34.2 (36.1)	24.0 (36.4)	-10.2	0.8	-46.8	0.02	
15. Delays in initiating motility agents in patients not tolerating enteral nutrition (i.e. high gastric residual volumes).	32.8 (34.6)	21.8 (31.8)	-11.0	2.2	-44.0	0.005	

16. Delays and difficulties in obtaining small bowel access in patients not tolerating enteral nutrition (i.e. high gastric residual volumes).	40.5 (34.7)	29.9 (35.5)	-10.5	-0.1	-35.7	0.01
17. In resuscitated, hemodynamically stable patients, other aspects of patient care still take priority over nutrition.	41.6 (35.2)	23.7 (32.4)	-17.8	-12.7	-26.6	<0.0001
Subscale 5: Critical Care Provider Attitudes and Behaviour	31.1 (28.0)	19.8 (23.6)	-11.4	-2.6	-21.9	0.0003
18. Non-ICU physicians (i.e. surgeons, gastroenterologists) requesting patients not be fed enterally.	35.2 (35.5)	28.8 (35.9)	-6.4	-2.0	-20.3	0.13
19. Nurses failing to progress feeds as per the feeding protocol.	27.1 (33.9)	14.4 (26.3)	-12.7	-0.3	-22.6	0.0003
20. Fear of adverse events due to aggressively feeding patients.	27.5 (33.1)	14.4 (26.7)	-13.1	-8.9	-25.8	0.0002
21. Feeding being held too far in advance of procedures or operating room visits.	34.8 (35.7)	21.4 (31.9)	-13.3	4.1	-23.8	0.0011