Clinical Significance of Prealbumin & Nutrition Support

* Prealbumin (PAB) half-life is 48-72 hours

* **PAB may not be a sensitive marker for evaluating the adequacy of nutrition support in critically ill patients with inflammation.**

* The liver synthesizes acute-phase proteins such as C-reactive protein (CRP) at the expense of PAB. **If checking PAB, consider ordering CRP as well.**

* ALB and PAB levels will remain depressed despite optimal nutrition support until inflammation/stress is resolved.

* Increases in PAB rely on improvement in inflammation, *rather than nutrient intake.*

* Decreased PAB suggests pt is very ill and may require aggressive nutrition support.

* **PAB is decreased with:**
  - POST SURGERY
  - Acute catabolic states/stress
  - Inflammation
  - Liver disease
  - Infection
  - Significant hyperglycemia

* **PAB is falsely increased 2°:**
  - Chronic renal failure
  - Corticosteroid use
  - Oral contraceptive use