

FACT SHEET 9: COLLEGE

WILL I BE ABLE TO GO TO COLLEGE?

Yes, you will be able to go to college. You will need to let the college know about your medical condition and feeding tube so they can provide any additional support you may need to manage your feeding tube.

HOW CAN I EXPLAIN TUBE FEEDING TO MY FRIENDS?

Tell your friends when you feel ready to discuss your feeding tube and tell them only what you want them to know.

If you do not feel ready to discuss details about your feeding tube you could direct them to the PINNT website (pinnt.com) to answer their queries.

WHAT HAPPENS WHEN I NEED TO TUBE FEED AT COLLEGE?

Making sure your college is aware that you have a feeding tube means they will be able to do what they can to support you. Discuss with the college about needing an appropriate environment where you can tube feed when you are on site if you need to.

WHAT HAPPENS IF I NEED/WANT TO PLAY SPORT?

You can play sport with a feeding tube. You will just need to have a discussion with your doctor and nutrition team to make sure they are happy for you to do so.

You can also swim with a feeding tube, using a waterproof dressing to protect the site once it has healed.

Rough contact sports are not recommended as they can cause the feeding tube to become dislodged.

Discuss your tube feeding routine with your doctor and nutrition team so they can help plan and advise around your sporting activities.

WILL I BE ABLE TO GO AWAY TO COLLEGE?

Yes, you will need to let your current healthcare professionals know that you are planning to move away to college so they can transfer your medical information over to the healthcare professionals in your new location.

WHAT DO I NEED TO KNOW WHEN I LIVE ON MY OWN?

You will need to be able to care for the feeding tube yourself so should have a good knowledge of:

- Hand-washing practices
- How to clean the feeding tube
- How to push and rotate the feeding tube daily
- How to administer your tube feed, flushes and medication correctly and safely
- Have a copy of your feeding schedule
- Understanding what to do in case the feeding tube comes out
- Be able to arrange your monthly deliveries of tube feed and ancillaries
- Have the contact numbers for the healthcare professionals who can help if you are having any problems with your tube feeding.

You need to make sure you know who to contact if you feel unwell or you experience any pain and/or discomfort around your stoma site or when tube feeding.

Your local nutrition team and current Nutricia Homeward Nurse will provide you with this information for your new home. You also need to know where to go if your feeding tube falls out or comes loose — this is usually the Accident and Emergency Department.

DO I NEED TO REGISTER WITH A NEW DIETITIAN?

This depends on how far away you are moving. If you are moving to another region or county, your current dietitian will make a referral to the closest dietetic team to your new address to inform them of your medical history and nutrition needs and requirements.

HOW DO I KNOW MY RECORDS WILL BE TRANSFERRED?

Your current dietitian will ensure you receive a copy of the referral letter to your new team. The new team will then contact you to make an initial appointment and go through your notes with you during this session.

All documentation is now electronic so your new team will have access to all of your notes as soon as your referring dietitian provides them with a link to these encrypted documents.

WHAT ABOUT THE HOLIDAYS?

If you will be regularly returning to your original address during the college holidays, then your local dietitian and your college dietitian may decide to share your care and keep each other updated on your progress. This may not be necessary in all cases and needs to be discussed with your healthcare professionals so you can decide and organise what's right for you and your care.

WHAT ABOUT DELIVERIES?

You can let Nutricia Homeward know that you will be at a different address for over the holiday period so they can make sure the deliveries are made to the correct location.

WHO DO I CONTACT IF I HAVE ANY PROBLEMS?

Your healthcare professionals will provide you with details of who to contact. You may have two different sets of contact details if you are receiving shared care. Make sure you have all of these details listed so you know who you need to contact.

This information is intended for patients who have been prescribed a tube feed by a healthcare professional.

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Nutricia Ltd, White Horse Business Park, Trowbridge, Wiltshire BA14 0XQ

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