

TUBE FEEDING YOUR CHILD AT HOME



PURPOSE OF THIS GUIDE

Your child may have just started tube feeding and you have a lot of questions and worries. This booklet is designed to answer these questions. Of course you may have more, which the medical or nursing staff will be able to answer to support you and your family.

Whilst you are learning how to give your child a tube feed you will have the opportunity to ask questions and practise as many times as you need until you are confident to go home. When your child does go home you will have support from many people, including:

- Community Nurse
- Dietitian
- Health Visitor
- GP
- Nutricia Homeward Nurse.

TABLE OF CONTENTS

Starting enteral tube feeding _____	4
Nutricia Homeward for Kids service _____	4
Your child's details _____	5
Checking and storing _____	6
Checking your child's enteral nutrition product _____	6
Storing your child's enteral nutrition product and equipment _____	6
Safe handling _____	7
Hand washing _____	7
Minimising contamination of enteral nutrition product through safe handling _____	7
Correct positioning during and following tube feed _____	8
The feeding tube _____	9
Prevent tube blockages _____	9
Medication _____	10
Interactions _____	11
Daily care _____	12
Mouth care _____	12
Skin care _____	12
Tube feeding methods _____	13
Continuous or bolus feeding _____	13
Pump feeding _____	13
Feeding pump instructions _____	14
Glossary of terms _____	back cover

STARTING ENTERAL TUBE FEEDING

Your child's healthcare professional has recommended enteral tube feeding for your child.

It is completely natural to feel concerned or overwhelmed, however you will be fully supported by your local healthcare professional, as well as Nutricia Homeward — your allocated home enteral feeding service provider.

Support and advice is available from this specialist service 24 hours a day, 7 days a week (including Bank Holidays).

NUTRICIA HOMEWARD FOR KIDS SERVICE

Nutricia Homeward for Kids supports children, their families and carers, when they leave hospital by providing them with training and ongoing support, enabling them to manage enteral feeding at home.

You will receive a welcome booklet outlining the Nutricia Homeward service. This booklet will also contain useful contact numbers for the Customer Service team, the Nutricia Homeward Nurses, and also the clinical advice line, which enables you to get advice from a nurse outside of normal office hours.

Nutricia Homeward Nurses wear uniforms and carry identification at all times. All delivery drivers carry identification badges.

YOUR CHILD'S DETAILS

Name:		Date of birth:	
Type of tube and size (FG or Ch):			
Date of placement:			
First date of replacement (if required):			
Type of enteral nutrition product and amount:			
Feeding schedule:			
Product name:	Volume:	Rate:	Time:
Contacts		Name	Telephone number
General Practitioner:			
Community Nurse:			
Hospital Doctor or Nurse:			
Nutricia Homeward Nurse: Mon-Thurs 8.45am to 5.15pm Fri 8.45am to 4.00pm			
Dietitian:			
Nutricia Homeward Customer Service team:			
Out of Hours Advice Line: Mon-Thurs 5.15pm to 8.45am Fri 4.00pm to Mon 8.45am & Bank Holidays			08000 933672
Emergency Hospital Tel No (for patients discharged from hospital following a gastrostomy insertion - information will be provided by the managing healthcare professional)			

Nutricia Homeward
Nurse Signature: _____ Date: _____

CHECKING & STORING

Products may occasionally be damaged during transit or become contaminated if not stored correctly. Therefore, check and store your child's enteral nutrition product and equipment carefully.

▶ **Checking your child's enteral nutrition product**

- Check your child has been given the correct enteral nutrition product. Make sure the name on the product is the same as the one prescribed by the managing healthcare professional/dietitian
- Check the enteral nutrition product is within the expiry date printed on the case and on the individual bottle; check any foil seals are intact
- Always gently shake the bottle before use
- Check the liquid looks smooth and does not appear to have 'curdled'. If there are signs of curdling, use a different bottle with the same name printed on it — if you have concerns please contact the Customer Service team.

▶ **Storing your child's enteral nutrition products & equipment**

- Equipment must be kept clean and could be damaged if kept at the wrong temperature
- Store unopened products and equipment in a cool, dry place
- Avoid placing products and equipment next to radiators or in direct sunlight
- In the winter months, if it is likely to freeze, do not place enteral nutrition products or feeding equipment in garden sheds, garages, or outbuildings
- Remember to store your enteral nutrition products by date order so that you use the oldest product first
- Contact your Customer Service team if you have enteral nutrition products that are no longer needed.

SAFE HANDLING



► Hand washing

Effective hand washing will reduce the risk of infection.

Equipment: liquid soap, warm water, a clean dry towel.

1. Remove rings and watches
2. Wet your hands under running warm water and apply soap
3. Rub your palms vigorously together, making sure all skin areas are washed, paying particular attention to finger tips, thumbs, back of hands, wrists and between fingers
4. Rinse thoroughly with warm water to make sure all soap is removed
5. Always dry hands on a clean towel.

► Minimising contamination of the enteral nutrition product through safe handling

1. Careful handling of the enteral nutrition product and feeding equipment will also reduce bacteria spreading and prevent complications such as vomiting and diarrhoea
2. To lower the risk of contamination, set up equipment using a clean work area. Avoid touching any internal part of the product container, giving set or feeding tube with your hands; avoid unnecessary handling of equipment
3. Ready made enteral nutrition products can be hung for up to 24 hours from opening, providing they are handled using a clean technique. The Nutricia Homeward Nurse will advise you of the hanging times of any enteral nutrition product that is decanted or made up from a powder
4. Containers must not be topped up once enteral feeding has started; the total volume must be decanted at the start of the new tube feeding period
5. Dispose of any unused enteral nutrition product after the above time period
6. Change giving sets every 24 hours, or more frequently if advised by the managing healthcare professional
7. Before disposing of enteral feeding waste products you will need to check with the managing healthcare professional, local hospital or authority that it is acceptable to dispose of them in your normal household rubbish.

► Correct positioning during and following tube feeding

Correct positioning of your child during and after enteral tube feeding will help your stomach settle and help prevent complications.

1. It is important to position your child at an angle of 45° or greater whilst feeding, and for at least one hour after the feeding session has stopped
2. If your child cannot maintain the 45° position you will need to support them with pillows at a minimum angle of 30° — please discuss with the managing healthcare professional if you find this a challenge
3. If your child has a tube that goes directly into the stomach via the abdomen please monitor for signs of leakage, pain or discomfort, before, during or after tube feeding. If you do experience any of these symptoms please stop tube feeding and contact the GP, Nutricia Homeward Nurse, or managing healthcare professional
4. In the very rare event that your child starts to feel short of breath, stop tube feeding immediately and seek urgent medical advice, or call for an ambulance.



THE FEEDING TUBE

It is important to check the position of your child's feeding tube to prevent complications. You will have been shown how to do this, however if you need support please contact the Nutricia Homeward Nurse or managing healthcare professional.

To keep your child's feeding tube in the best condition and to avoid unnecessary replacement of the feeding tube, follow the instructions below.

► Prevent tube blockages

Regular care and flushing of the feeding tube will help to prevent it becoming blocked.

Equipment: a 60ml enteral feeding syringe and water, type and volume as recommended by the managing healthcare professional.

1. Wash hands before and after caring for your tube
2. If your child has a nasogastric tube (a tube that enters the stomach via the nose) check the pH of gastric aspirate and check for signs that the tube might have moved (such as external tube length and secureness of the fixation tapes) to confirm the tube is correctly placed, as demonstrated to you by the managing healthcare professional



Never administer anything through a nasogastric tube until you are sure it is in the right place. If you are unable to confirm that the tube is in the correct position do not use the tube and contact the Nutricia Homeward Nurse or managing healthcare professional for advice.

3. Draw up recommended water with an enteral syringe and attach to the feeding tube. **If you have a feeding tube called a Button you may have been told to add an extension set**
4. Flush the tube with water (type and volume as recommended by the managing healthcare professional) before and after the administration of the enteral nutrition product or medication, or every 4–6 hours if feeding is not in progress (except during the night) or as recommended by the managing healthcare professional to prevent tube blockage. **If you are using a Button tube, remember to detach the extension set after use**
5. If you suspect a **blockage** or you experience resistance when flushing the feeding tube, do not force water into it. Do not use the feeding tube and contact the Nutricia Homeward Nurse immediately.

MEDICATION

Always follow the advice given by your child's GP and/or pharmacist. Administering medication correctly will avoid your child's feeding tube becoming blocked. Follow instructions below.

Equipment: a 60ml enteral syringe, medication, and water, type and volume as recommended by the managing healthcare professional.

1. Request medication from your child's GP in a liquid form where possible (if you are administering via the tube)
2. If medication is available only in tablet form, seek advice from the pharmacist
3. Wash hands before and after giving medication
4. Check feeding tube position prior to administering anything down the tube. If it is a nasogastric tube, check the pH of gastric aspirate and check for signs that the tube might have moved (such as external tube length and secureness of the fixation tapes) to confirm the tube is correctly placed
5. Flush the feeding tube with water (as recommended by the managing healthcare professional) using a 60ml enteral syringe. **If your child has a feeding tube called a Button you may have been told to add an extension set**
6. Administer medication as prescribed by your child's GP using an enteral syringe
7. Catheter tip syringes must not be used to measure medication; use appropriate size enteral syringe to measure medication accurately
8. If more than one medication is due to be given at the same time, flush the tube between each medication using a 60ml enteral syringe and water (type and volume as recommended by the managing healthcare professional)
9. Flush the feeding tube with water after (as recommended by the managing healthcare professional) using a 60ml enteral syringe. **If your child is using a Button tube, remember to detach the extension set**
10. Do not administer over the counter medication without first consulting your child's GP
11. Contact the managing healthcare professional immediately if there is any reason your child cannot take the medication or enteral nutrition product, or if they need delayed.

► Interactions

Enteral nutrition products may interact with some drugs. Always check with the pharmacist before administering any medication via a feeding tube.

Where possible administer prescribed medication during a break in the feeding regimen to minimise this.

Your child's GP and Pharmacist will be able to provide you with guidance regarding drug/nutrient interactions. It is important to follow the instructions regarding administration and contact your child's GP if you have any questions or concerns regarding interactions or side effects.

DAILY CARE

► Mouth care

It is important to maintain oral hygiene if you are using an enteral nutrition product for all or part of your child's nutrition; this will assist in keeping their mouth, teeth and gums clean and free from infection. The frequency and methods of mouth care will depend on the advice given by the Speech and Language Therapist, GP and dentist.

DIFFICULTIES MANAGING MOUTH CARE

If your child has a sore mouth, bleeding gums, blistered tongue or mouth, you must contact their dentist or GP for advice.

► Skin care

Care of the skin around your child's feeding tube will reduce irritation and possible infections. For instructions on how to care for the your child's skin refer to the tube leaflet.

DIFFICULTIES MANAGING SKIN CARE

If your child's skin becomes sore or irritated, contact the nurse or GP.

Avoid using creams as they can damage the tube material and may lead to irritation of the skin and give rise to infection.

TUBE FEEDING METHODS

▶ Continuous or bolus feeding

Enteral nutrition products can be given continuously or in smaller amounts during the day (also called 'bolus feeding'). It will depend on the advice of the managing healthcare professional, your child's personal situation, the tube position and, where possible, your own preference.

Continuous pump feeding: Your child will receive their enteral nutrition product through a continuous drip using a feeding pump.

Bolus feeding: Your child's enteral nutrition product will be delivered in smaller amounts throughout the day/night using a 60ml enteral syringe or a bolus feeding set.

Only use the feeding method the managing healthcare professional has advised.

▶ Pump feeding

- The speed of feeding can be programmed into the feeding pump and an alarm will sound when your child's bottle is empty or if problems occur
- Ensure your child's pump and stand are kept clean and in good working order by checking and cleaning as per instruction booklet at regular intervals.

FEEDING PUMP INSTRUCTIONS

► Follow the “Flocare feeding pump instructions”

Equipment: feeding pump, stand (Z-stand, or Go-Frame with carry bag), giving set, feeding tube, 60ml enteral syringe, enteral nutrition product, recommended water.

1. Wash hands before and after operating pump, refer to **‘Minimising Contamination of Feeding Through Safe Handling’**
2. Check the label of your child's enteral nutrition product to make sure you are using the correct product, refer to **‘Checking your enteral nutrition product’**
3. Position your child at 45° during and for at least one hour after tube feeding, refer to **‘Comfort and Correct Positioning During and Following Feed’**
4. Check feeding tube position prior to administering anything down the tube. If it is a nasogastric tube, check the pH of gastric aspirate and check for signs that the tube might have moved (such as external tube length and secureness of the fixation tapes) to confirm the tube is correctly placed. **If your child has a feeding tube called a Button you may have been told to add an extension set**
5. Flush the feeding tube using a 60ml enteral syringe containing volume and type of water as recommended by the managing healthcare professional
6. Prepare and hang enteral nutrition product as demonstrated during training and follow the appropriate pump instructions
7. Program the pump as shown in the relevant pump instruction booklet or pump leaflet

8. If it is a Button tube remove extension set once feeding regime complete.

Please Note: If the pump alarm sounds refer to the pump troubleshooting guide in the pump instruction booklet or pump leaflet. If the pump continues to alarm contact the Nutricia Homeward Nurse or out of hours advice line.

► Parent/Carer support group

PINNT (Patients on Intravenous and Nasogastric Nutritional Therapy)

PO Box 3126, Christchurch, Dorset BH23 2XS

Email: pinnt@dsl.pipex.com

Web: www.pinnt.com

GLOSSARY OF TERMS

Bolus	The proportion of food swallowed at one time
Bolus feeding	Gravity assisted delivery of an enteral nutrition product
Continuous feeding	Delivery of an enteral nutrition product continuously over a period of 8-24 hours
Enteral feeding	Being fed into the stomach or intestine
Enteral nutrition product	A nutritional liquid, also referred to by healthcare professionals as an 'enteral feed' or 'tube feed', which is delivered through the enteral feeding tube
Giving set	When using a pump to deliver an enteral nutrition product, use a giving set to connect the product to the feeding tube
pH	The pH must be checked if a nasogastric tube is fitted, and should read between 1-5.5

The Nutricia Homeward Nursing Service advice literature is provided as guidance following Nutricia Homeward Nursing Service training, and should not be used as a substitute for medical advice. Always contact your healthcare professional prior to making any changes to your tube feeding regimen.

Please contact the Nutricia Homeward Nurse or managing healthcare professional for the most up to date version every year. Provided on behalf of Nutricia Ltd at the request of the NHS managing healthcare professional.

IMPORTANT: Always seek urgent medical advice if there are any signs of abdominal pain, chest pain or breathing difficulties.