

TRANSITIONING TO NUTRICIA HOMEWARD ADULT SERVICES Young adult pack

This pack is designed to make the move into adult services easier for you and your parents/carers.

This information is intended for patients, and carers, who are using the Nutricia Homeward service.



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SECTION 1: INTRODUCTION

Now you have reached an age where you are, or soon will be, moving from children's services to adult services, you may start becoming more involved in managing your own tube feeding needs. You may have a new dietitian, new community nurses and a new Nutricia Homeward Nurse.

This pack is somewhere you can record all the information you are likely to need. It tells you all about:

- The people you will talk to or meet
- Your tube feeds
- How to stock check
- Deliveries
- Equipments (plastics).

You can ask your Nutricia Homeward Nurse, dietitian, or community nurse to help you record all the information you will need.

SECTION 2: ABOUT NUTRICIA HOMEWARD

DELIVERY SERVICE

Nutricia Homeward provides the delivery of your tube feeds and the equipment you need. There is a team of Nutricia Homeward coordinators and drivers who will help make sure you have everything you need.

You will receive a delivery every 28 days and you will be able to download a delivery calendar so you know when your delivery is due.

You should have, or will shortly receive, a welcome booklet, which gives you more information on the Nutricia Homeward Service; you can also download a copy from nutriciahomeward.co.uk.

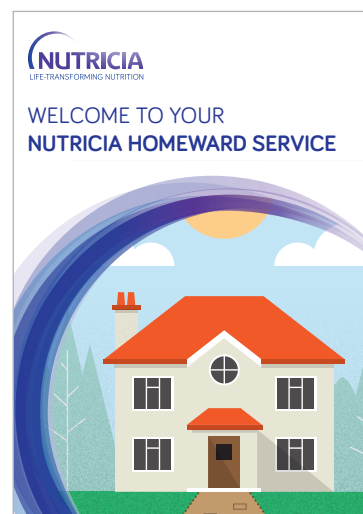
You can complete a stock check each month online at nutriciahomeward.co.uk or a Nutricia Homeward Coordinator will call to see what you need for the next month. Alternatively you can call Nutricia Homeward yourself each month and use the message service on 0800 083 0607 (available 24 hours a day). You will need to leave details of exactly what equipment and tube feed you have left, and your name and address.

NUTRICIA HOMEWARD DRIVERS

When the Nutricia Homeward driver delivers your medical nutrition they will carry the boxes in for you and help store it away in the right place.

NUTRICIA HOMEWARD NURSING SERVICE

Your Nutricia Homeward Nurse will show you how to use your feeding tube. If you have any problems with your tube feeding you can call your Nutricia Homeward Nurse for help and advice.



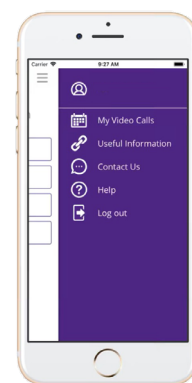
SECTION 3: WHO TO CONTACT AND WHEN

CALL YOUR DIETITIAN

- If you have any problems or questions about your tube feed, if you find you feel hungry and need more of your tube feed, or you are finding it difficult to have all of your tube feed
- If you are feeling sick during or after your tube feeds
- If you are having difficulty going to the toilet.

CALL YOUR NUTRICIA HOMEWARD NURSE

- If you are having problems with tube feeding, for example if you are worried about your feeding tube or you are having difficulties with your pump
- If there is a change to your tube feed or you need to be shown how to use equipment you're not used to, you can arrange for your Nutricia Homeward Nurse to come and see you or you can request a video call via the Nutricia Homeward App (search Nutricia Homeward in Google Play or the App Store to download)
- If the skin around your feeding tube becomes sore
- Your Nutricia Homeward Nurse can be contacted during office hours from Monday to Friday. If you need advice at any other time there is a 24-hour helpline — 0800 093 3672 — you can call. Your call will go through to an answering service; if you need clinical advice you will be redirected to a nurse who, depending on how urgent your query is, will call you back within 60 minutes. It probably won't be your own Nutricia Homeward Nurse who calls you back (and they won't be able to come out and visit you), they will ask a few questions, such as what type of tube you have, and will then be able to give you the correct safe advice.



Note: Your Nutricia Homeward Nurse **will not** be able to help you with delivery problems.

CALL YOUR NUTRICIA HOMEWARD COORDINATOR

- If you have any problems with the delivery of your tube feed or equipment you can speak to a coordinator between 8am and 8pm Monday to Friday and 9am to 1pm on Saturday.

CALL YOUR COMMUNITY NURSE OR DISTRICT NURSE

- If you don't have a Nutricia Homeward Nurse or if you can't get in touch with your Nutricia Homeward Nurse.

ATTEND YOUR LOCAL ACCIDENT AND EMERGENCY DEPARTMENT

- If your feeding tube comes out and you have not been shown how to replace it and you can't get hold of your Nutricia Homeward Nurse or your community/district nurse
- If you have difficulty breathing or feel short of breath whilst having your tube feed
- If you experience a lot of unusual pain whilst having your tube feed.

SECTION 4: CONTACT NAMES AND NUMBERS

CHILDREN'S SERVICES

	NAME	CONTACT NUMBER
Dietitian		
Nutricia Homeward Nurse		
Nutricia Homeward 24 hour advice line		0800 093 3672
Nutricia Homeward Coordinator team		
Community Nurse		
GP		
Social Worker		
Hospital		

SECTION 4: CONTACT NAMES AND NUMBERS

ADULT SERVICES

Ask your Nutricia Homeward Nurse to help you complete this form just before you transfer to adult services.

	NAME	CONTACT NUMBER
Dietitian		
Nutricia Homeward Nurse		
Nutricia Homeward 24 hour advice line		0800 093 3672
Nutricia Homeward Coordinator team		
Community Nurse		
GP		
Social Worker		
Hospital		

SECTION 5: RECORD OF EQUIPMENT REQUIRED FOR YOUR TUBE FEEDING

It is important to keep a check on how much tube feed and equipment you have to ensure you never run out of anything. There are two ways to order all you need for your tube feeding each month:

1. The Nutricia Homeward Coordinator will call every month and you can place your order, or

2. You can go online at nutriciahomeward.co.uk and complete the order form — there is a handy step-by-step guide available to help you do this

It may help you to complete this list so you can check what you have and what you need before you start your order each month.



	TYPE/SIZE	AMOUNT NEEDED EACH MONTH
Tube feed		
Supplement drinks		
Additives		
Syringes		
Feeding tubes		
Extension tubes		
Giving sets		
Containers		

If you have any concerns about your next delivery, you are about to run out of something, or your delivery has not arrived, contact your Nutricia Homeward Coordinator between 8am and 8pm Monday to Friday or 9am to 1pm on Saturday.

HANDY INFORMATION FOR YOU TO KEEP

This is a record of all the information relating to your tube feeding needs as you leave children's services. You should keep it safe and take it with you to any appointments you have on your transfer over to adult services.

DIETITIAN	
Name	
Contact No	
Date of last appointment	
Your last weight & date weight checked	

CONSULTANT	
Name	
Contact No	
Date of last appointment	

NUTRICIA HOMEWARD NURSE	
Name	
Contact No	
Date last seen	

FEEDING TUBE	
Type and size	
How often tube changed	
Tube changed by	
Date last changed	

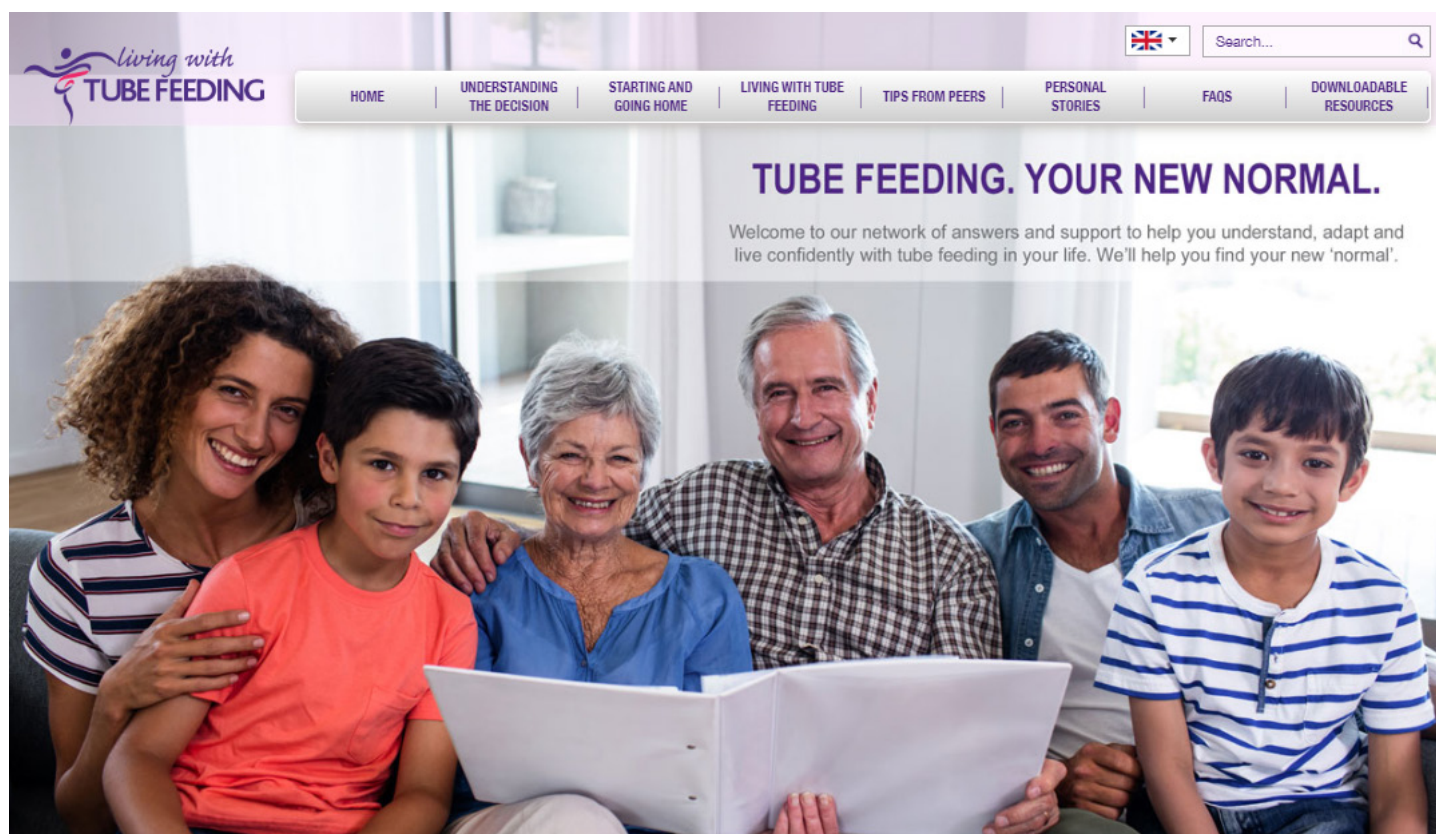
FEEDING REGIMEN	METHOD OF FEEDING	VOLUME & RATE
Total daily volume of feed		
Volume of water flushes		

SECTION 6: CONTACT NUMBERS FOR USEFUL AGENCIES

[PINNT.COM](https://www.pinnt.com)

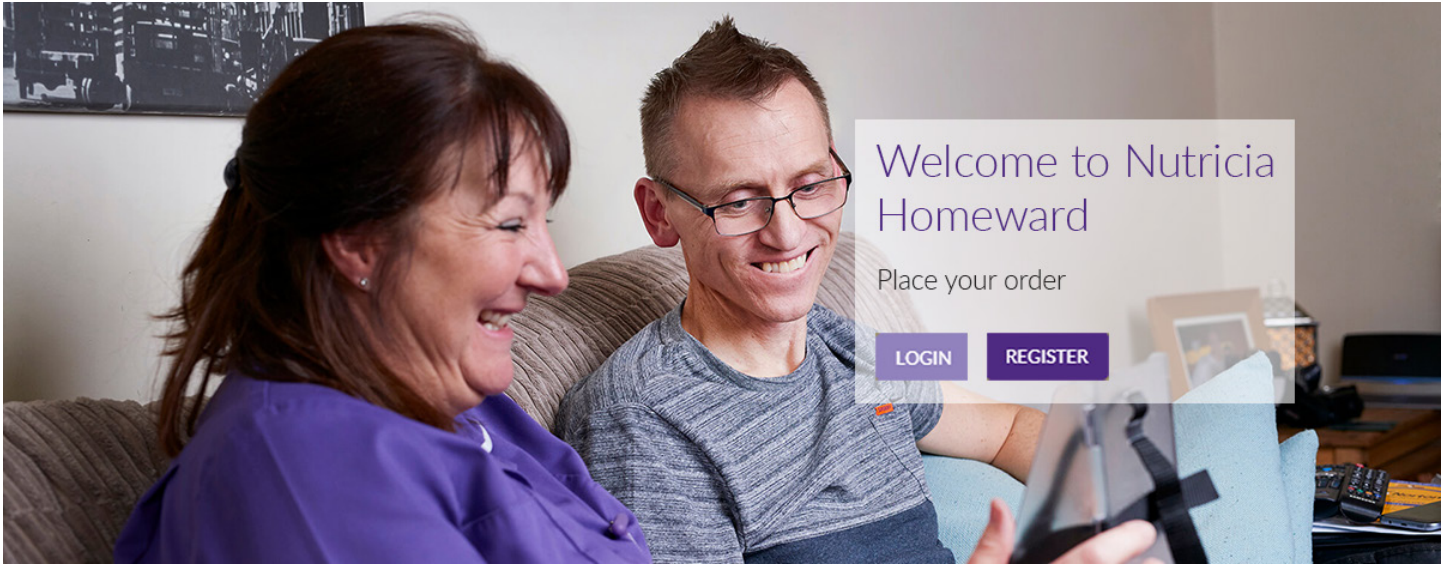
This is an organisation that helps people who are tube feeding. If you join PINNT this will give you:

- Access to support and information regarding tube feeding
- The chance to contact other people who also require tube feeding.



[TUBEFEEDING.CO.UK](https://www.tubefeeding.co.uk)

A website dedicated to supporting people living with tube feeding, including an FAQ section plus personal stories from other people on a tube feed.



[NUTRICIAHOMeward.CO.UK](https://www.nutriciahomeward.co.uk)

The Nutricia Homeward website contains a lot of valuable resources and information, including the following fact sheets, aimed specifically at young adults:

- Starting tube feeding
- Advice and top tips
- Questions that are often asked
- Dealing with worries and concerns
- Check lists
- Personal life
- Going on holiday
- School
- College
- University
- Work
- Nasogastric tube feeding
- Information, advice and support.

SECTION 7: ARE YOU READY?

KNOWLEDGE AND SKILLS

I understand my condition and why I need a feeding tube

I understand my feeding tube

I know what emergency equipment I should have with me at all times

I know about the nursing team and who to contact for support regarding my feeding tube

I know about the Nutricia Homeward Nursing Service team and how they can help (including the out of hour telephone advice line)

I understand the management of my feeding tube (cm marking, balloon volume checks, advance and rotating, pH checks)

I understand when my feeding tube needs changing and know the 72 hours warning signs

I understand how to deliver medication through my feeding tube

I understand how to administer my feeds by pump or bolus

I understand infection control for my feeding tube

I understand when and why to flush my feeding tube with water

I know what to do if my feeding tube becomes blocked

I understand what position I should be in when my tube feed is on

I understand the equipment used for my feeding tube, when to reuse and when to throw away

I understand how my Nutricia Homeward deliveries work and how stock levels are checked

I feel confident to be seen on my own for some/all of my visit and to ask my own questions

Please list anything else you would help or advice with:



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