

BEST PRACTICE ENTERAL NUTRITION TECHNIQUES

Advance Directive Review

Reviewed at least annually or with change of condition:

- Documentation that advance directives are reviewed
- Documentation of the educational process discussing benefits, risks, and alternatives of enteral nutrition with the individual or representative

Assessment

The assessment process includes the following components:

- Documentation of a valid diagnosis for enteral nutrition
- Registered Dietitian's (RD) assessment of nutrition needs with comparison to nutrients provided
- Assessment of fluid needs with comparison to total free water provided from formula and flushes
- Assessment of clinical signs of tolerance of enteral formula
- Assessment of biochemistries and body weight
- RD's planned person-specific nutrition related goal for enteral nutrition

Care Plan

The care plan includes the following components:

- Person-specific measurable goals
- Individualized interventions
- Utilization of the RD's assessment findings, nutrition goals, and recommendations
- Utilization of an interdisciplinary approach



Care

The care process includes the following components:

- Reassessment by the RD of the effectiveness of enteral nutrition in the first thirty days of use
- Reassessment by the RD of the effectiveness of enteral nutrition in the past ninety days of use
- Evaluation of progress toward meeting the nutrition goals
- On-going evaluation of clinical signs of tolerance of enteral formula
- Periodic evaluation of swallowing function
- Daily provision of oral care

Safe Enteral Feeding:

- Select appropriate feeding tube, feeding system, and method of delivery and document in medical record
- Use only sterile water for flushes
- Prevent metabolic, GI, and mechanical complications
- Prevent contamination of formula and delivery system:
 - Wash hands thoroughly
 - Maintain clean work area, equipment, and delivery system
 - Maintain proper storage and handling of formula
 - Maintain safe hang time according to delivery system
 - Do not add substances to enteral formula
 - Keep head of bed elevated 30-45 degrees

Resources

- (1.) www.texasqualitymatters.org/enteralnutrition
- (2.) DADS-QM Feeding Tube Education Form
- (3.) American Society for Parenteral and Enteral Nutrition, www.nutritioncare.org
- (4.) Best Practice Guidelines for Tube Feeding, Abbott Pharmaceuticals