



# **Tube Feed or Not Tube Feed?**

***Helping Individuals and Families  
Make the Decision***

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# Tube Feed or Not Tube Feed?

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# **Tube Feed or Not Tube Feed?**

## **Instructions**

This inservice provides many of the tools you need to educate staff on the role of adequate nutrition in the prevention and treatment of pressure in your facility:

### **Slides for the Inservice:**

- The slides can be shown on computer or projected on a screen using a data projector.
- You can show the slides directly from the Acrobat file by simply clicking on the icon that looks like a computer screen. Or you can go to the tool bar and click on “View” and “Full Screen” to show the slides on your screen.
- Then click the down arrow button or the page down button on your keyboard.

### **Presenter’s Notes for the Inservice:**

- Review the presenter’s notes prior to presenting the slides.
- The presenter’s notes offer additional information not included on the slides, suggestions for how to present some of the information, and activities you may want to incorporate.

### **Handouts for the Inservice:**

- Simply copy the handouts and the pre- post-tests for participants.
- Do not provide the answer key for the pre-post tests.
- You can choose to give the test before and after the training, or just after the training to determine the effectiveness of your inservice and whether or not additional training is needed.

# Objectives

Participants will:

1. Understand the benefits and risks of tube feeding
2. Understand which individuals are candidates for positive outcomes from tube feeding
3. Learn key points of discussion for patients and family members who must make a decision about tube feeding



# Tube Feeding

- Sometimes known as enteral nutrition (EN) or artificial nutrition and hydration (ANH)
- Used to deliver nutrients and fluids to those who cannot or will not eat and drink orally
- Tubes are flushed with fluids to help meet fluid needs
  - Tube feeding is considered a medical intervention, similar to other interventions like dialysis



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- Tube feeding is considered a medical intervention (i.e. a nutrient delivery system), similar to other interventions like dialysis.

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## Types of Enteral Feeding

1. Naso-gastric tube
  - Usually used for short-term access (less than 4 weeks)
2. Percutaneous endoscopic feeding tubes
  - Gastric (PEG) and variation of PEG
  - Jejunal tube (PEJ)
3. PEG tubes are the most common form of tube feeding



## Delivery Methods

- Continuous feeding via feeding pump (up to 24 hours/day)
  - Some pumps can be programmed to deliver fluids
- Bolus feeding
  - Specified volume given via syringe through the tube
- Gravity feeding
  - Specified volume allowed to drip into the tube over time



## Who Can Benefit From Tube Feeding?

Tube feeding can provide calories/protein for those who:

- Can't consume adequate food or fluids for an extended period of time
- Have GI obstruction, fistulas, or impaired GI motility
- Have severe swallowing problems (dysphagia)
- Have neurological disorders (ex. Parkinson's)
- Are malnourished and can't maintain adequate intake

