

Complex Nutritional Support Policy



Title:

Complex Nutritional Support Policy

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Executive Summary

The importance of food to the health and wellbeing of patients is well recognised. Malnutrition can affect people who are ill in hospital or those living in the community.

The causes of malnutrition are multifactorial: poor appetite, physical disabilities, swallowing impairments; increased metabolic demands for nutrients; nutrient losses due to vomiting and diarrhoea and malabsorption. (NICE CG 32, 2017)

Without help from specialists e.g. nutrition nurses, doctors and dietitians, the person's nutritional condition will deteriorate leading to longer hospital stays, more complications and potentially death.

Complex Nutritional Care is defined by: nutrition provided other than by the oral route. This necessitates either the insertion of a tube into the gastrointestinal tract (enteral nutrition) or a catheter into the vein (parenteral nutrition) to provide nutrition.

Healthcare Improvement Scotland's Complex Nutrition Standards (HIS, 2015) have produced guidance on policy and strategy, assessment and plan of care, enteral tube feeding, parenteral nutrition, supporting patients and staff education and training.

The NHS Lothian policy with accompanying best practice statements, procedures and guidelines will aim to meet the standards as outlined by Healthcare improvement Scotland.

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1.0 Purpose

The purpose of this policy is to provide a strategic, co-ordinated and multidisciplinary approach to delivering complex nutritional care throughout NHS Lothian; ensuring patient safety and effective person-centred care.

Aiming to ensure all NHS Lothian staff understand their roles and responsibilities in relation to the management of complex nutritional support and be aware of the correct protocols for the safe management of all patients requiring complex nutritional support.

2.0 Policy statement

NHS Lothian recognises its duty to ensure the nutritional wellbeing and hydration of patients requiring complex nutritional support. NHS Lothian's strategic nutritional Care Group (Lothian Nutritional Care Group) is responsible for ensuring that the appropriate systems are in place to deliver complex nutritional support to patients safely and effectively.

LNCG will ensure that there is a Complex Nutritional Support Policy. This policy and accompanying protocols will be in place and will define how individuals with complex nutritional requirements will be safely and effectively managed irrespective of speciality and location.

LNCG will produce an annual written report which will detail the strategic plan, evidence the implementation of the policy, and take action taken that is required. This will include information gathered from the monitoring and reviewing of complex nutritional support throughout NHS Lothian, and ensure that this is used to improve services. This will include feedback from patients, patient's representatives and staff.

NHS Lothian supports the implementation of NHS Healthcare Improvement Scotland Complex Nutrition Standards (Dec 2015)

NHSL will ensure that all new staff are familiarised with this policy on commencement of employment and are given appropriate training commensurate with their role.

3.0 Scope

This policy is mandatory for all health care workers in NHS Lothian that provide care for patients requiring complex nutritional support in all healthcare settings. Aiming to achieve high quality, standardised, evidence based care in line with national guidance of complex nutritional processes to improve patient safety and promoting optimal nutritional care for patients both in hospital and at home.

Ensuring that staff have the underpinning of knowledge and skills required to meet the patient's specific requirements pertaining to complex nutritional care,

commensurate with their duties and responsibilities, and relevant to their professional discipline and area of practice.

NHS Lothian will ensure that patients requiring complex nutritional support have access to the expertise and services of a multidisciplinary nutritional support team.

NHS Lothian will aim to ensure that adult patients who cannot maintain their nutrition via their oral route are identified and cared for appropriately by providing:

- A multidisciplinary nutrition support team with improved equity of service throughout NHS Lothian.
- Standard Operating Procedures
- Framework to ensure that NHS Lothian staff are safe and competent practitioners
- Access to the necessary training to ensure staff have the skills and training
- Access to nutritional support equipment
- Patient information and support which assists patients to self-manage their care if appropriate
- Improvement, outcomes and risk monitoring frameworks which are reported on and used to continuously improve complex nutritional support

4.0 Definitions

Complex nutritional support: The nutritional requirements of some people cannot be met by the oral route. Under these circumstances additional help is required, either by feeding by a tube into the gut, or through a line placed into a vein. Techniques that involve tubes or lines constitute ‘Complex Nutritional Care’.

Artificial Nutrition: Any technique that involves the introduction of nutrients by tube e.g. directly into the circulatory system or the stomach or intestine.

Complex Nutrition Team (CNT): Designated Multidisciplinary team, should contain as a minimum: Medical, nursing, pharmacy and dietetic staff who have dedicated time and an interest in providing a service to patients requiring complex nutrition support which exceeds the normal expected ward level care. With the aim to provide a weekly advisory service for in patients on parenteral nutrition; clinical responsibility for assessment and training of patients requiring parenteral nutrition and/or intravenous fluids at home; provide a patient centred, coordinated approach in the assessment of patients referred for gastrostomy insertion.

Complex Nutritional Standards for adults (CNS): Healthcare improvement Scotland standards for complex nutrition care published in December 2015

Nasogastric tube (NGT): A nasogastric tube is a tube passed into the stomach via the nose. It is used for short- or medium-term nutritional support.

Nasojejunal tube (NJ): Nasojejunal tube is a tube passed via the nose and beyond the stomach with extended placement through to the jejunum, used for post pyloric feeding.

Nasal retention device: Used to prevent the inadvertent displacement of nasogastric feeding tubes.

Gastrostomy tube: Feeding tubes placed through the abdomen into the stomach.

Jejunostomy tube: A narrow bore feeding tube placed through the abdomen into the midsection of the small intestine to allow direct feeding into the jejunum.

Trans-gastric gastrostomy tube: Trans-gastric jejunal feeding devices are a combination of a gastrostomy device (placed into the stomach) and a jejunostomy device (placed into the jejunum, the first part of the intestine). The feeding device allows feeding directly into the jejunum, bypassing the mouth, throat and stomach.

Central Venous Catheter (CVC): Is an intravenous access device comprising of a thin, flexible tube that is inserted into a vein, usually below the right collarbone, and guided (threaded) into the superior or inferior vena cava. It is used to give intravenous fluids, total parenteral nutrition, blood transfusions, chemotherapy, and other drugs.

5.0 Implementation roles and responsibilities

NHS Lothian recognises the importance and value of effective nutritional care especially for those with complex nutritional needs.

Complex nutrition should only be assessed and managed within an MDT who all have a role to play in providing robust, safe and effective treatment. It must be clear who is responsible for the patients nutritional care irrespective of the setting in which the care is delivered.

Each assessment must cover:

- **Patient centred information:** e.g. capacity to give informed consent, ethical issues including the risks and benefits of any proposed intervention, the patient's ability to meet their nutritional requirements without support and appropriateness of nutritional support in palliation or end of life care.
- **Clinical information:** the patient's current nutritional status; requirements and indication for nutritional support; diagnosis of any underlying conditions and prognosis; need for referral to other professionals; expected duration of feeding; fitness to undergo any procedure; availability of the gastrointestinal tract; respiratory function; risk of re-feeding syndrome; and requirement for a swallow assessment.
- **Care setting:** e.g. where the complex nutritional support feeding is to be carried out and support available.
- **The outcome of the assessment and the proposed course of action:** (e.g., no intervention, enteral tube feeding, or parenteral nutrition) is documented in the

patient's health record; used to formulate a plan of care; regularly reviewed, and communicated with the patient (and/or their representative).

Where the decision-making process is difficult, or not clearly defined, a multidisciplinary discussion is held with the patient (and/or their representative) to determine the most appropriate care and treatment. The discussion is documented in the patient's health record.

5.1 Senior Management

Such as general managers/clinical service managers, lead nurses, AHP leads, and associate directors

Distributing this policy to staff within their area/directorate ensuring that all health care have the opportunity to access this Complex Nutritional Support Policy and receive training as appropriate within their level of responsibility in relation to artificial nutrition, and ensure that the necessary resources are in place to maintain equipment associated with artificial nutrition.

- Ensuring that the policy and standard operating procedures within it are implemented within their areas, monitoring compliance and reporting on outcomes.
- Reviewing specific nutrition issues at senior management meetings, e.g. complications, incidence reports and non-adherence to best practice.
- Supporting healthcare workers in following this policy by ensuring access to adequate training, resources and equipment for the delivery of safe and effective artificial nutritional support.
- Ensuring that resources are in place for the maintenance and replacement of artificial nutrition equipment.
- Ensure there is a commercial contract in place to provide enteral and parenteral nutrition at home.

5.2 Medical staff

- Ensure that the Complex Nutritional Support Policy is implemented.
- Provide leadership on artificial nutrition, ensuring they keep up to date with any subsequent alterations to this policy and ensure staff are aware of any changes.
- Ensure that the nutritional goals are met in conjunction with the MDT.
- Liaise with multidisciplinary team and seek advice from the complex nutrition team as required.
- Inform their manager if the policy cannot be followed.

5.3 Senior Charge Nurses

Providing leadership on artificial nutrition, ensuring they keep up to date with any subsequent alterations to this policy and ensuring that all staff are aware of any changes.

- Auditing compliance with this policy.
- Supporting implementation of education opportunities on this policy.
- Ensuring that surveillance systems are in place and monitoring cases where a patient's complex nutritional support is compromised.
- Ensuring that patient information leaflets used are the most recent versions.
- Ensuring that all complex nutrition equipment is available if needed and is fit for purpose.

5.4 Designated Complex Nutrition Service

- Following the Complex Nutritional Support Policy
- Provide a weekly advisory service for in patients on parenteral nutrition
- Clinical responsibility for assessment, training and monitoring of patients requiring Parenteral Nutrition and/or intravenous fluids at home
- Provide a patient centred, coordinated approach in the assessment of patients referred for gastrostomy insertion.
- Act as support to the wider MDT on all aspects of complex nutritional care.
- Act as a source of expertise on policies, procedures, protocols and guidelines that guide aspects of complex nutritional care.
- Provide training and education on complex nutritional care to the wider multidisciplinary team.
- Aims to provide a Lothian wide service, with improved equity of service.

5.5 Nursing staff

To include ward, community and specialist nursing service

- Following the Complex Nutritional Support Policy.
- Compliance with the guidance contained within this policy.
- Co-identifying their training needs with line manager and attending appropriate training when available.
- Following SOPs in relation to complex nutritional support
- Ensuring that key nutrition documentation accompanies the patient on discharge or transfer to other facilities.
- Being alert to the possibility of under nutrition and nutrition complications in their patients.

- Providing patients with relevant and up-to-date patient information as indicated in SOPs.
- Liaise with the multidisciplinary team and seek advice from the complex nutrition service as required.
- Student nurses (following training) are responsible for assisting qualified nursing staff.
- Informing their line manager if this policy cannot be followed.

5.6 Pharmacy staff

- Following the Complex Nutritional Support Policy.
- Providing leadership around pharmaceutical issues related to artificial nutrition.
- Liaise with the MDT and the Designated specialist complex nutrition pharmacist as required
- Informing their line manager if this policy cannot be followed.

5.7 Dietitian

- Following the Complex Nutritional Support Policy.
- Providing leadership around complex nutrition, ensure they keep up to date with any subsequent alterations to this policy and ensure that all staff are aware of any changes.
- Supporting audit compliance with this policy.
- Providing education opportunities on complex nutrition as required.
- Ensuring that patient information leaflets used are the most recent versions.
- Liaise with multidisciplinary team and seek advice from the complex nutrition dietitian as necessary
- Informing their line manager if this policy cannot be followed.

5.8 Biochemistry

- Following the Complex Nutritional Support Policy.
- Provide advice/input into complex nutrition related guidance
- Support with recommendations for biochemical monitoring of patients on both short and long term parenteral; nutrition.
- Providing educational opportunities as this policy requires.

5.9 NHS Lothian Clinical Education Team (CET)

- Following the Complex Nutritional Support Policy.

- Provide sustained educational opportunities as this policy require.

5.10 Speech and Language Therapist

- Follow the Complex Nutritional Support Policy with respect of the assessment of patient with severe dysphagia.
- Liaise with the multidisciplinary team and seek advice from complex nutrition services as necessary.
- Provide educational opportunities as this policy requires.
- Supporting audit compliance with this policy.

6.0 Associated materials

6.1 Assessment

[Complex decision-making in cases with severe dysphagia: advice and guidance for speech and language therapists](#) [NHS Lothian Intranet]

6.2 Enteral Nutrition

Lothian Enteral Tube Feeding Best Practice Statement, 2017 [under review]

- [Introduction to best practice statement for enteral nutrition](#) [NHS Lothian Intranet]
- [Lothian Enteral Tube Feeding Best Practice Statement - General issues](#) [NHS Lothian Intranet]
- [Lothian Enteral Tube Feeding Best Practice Statement - Infection Control](#) [NHS Lothian Intranet]
- [Advice on Nasogastric /orogastric/nasojejunal tube care](#) [NHS Lothian Intranet]
- [General gastrostomy care, 2017](#) [NHS Lothian Intranet]
- [Jejunostomy tube care, 2017](#) [NHS Lothian Intranet]
- [Medicine Administration via the Enteral Feeding Tube route](#) [NHS Lothian Intranet]

[Decision tree for insertion of nasogastric tube in adults](#) [NHS Lothian Intranet]

[Guidelines for the insertion of nasal bridles](#) [NHS Lothian Intranet]

[Pre assessment for gastrostomy](#)

[Pre procedure checklist for radiological inserted gastrostomy tube](#)

[Pre procedure checklist for percutaneous endoscopic insertion of gastrostomy tubes](#)

[Dislodged gastrostomy protocol - staff](#)

Trans-gastric gastrostomy tubes and care [under development]

Protocol for the Care of Percutaneous Endoscopic Gastrostomy (PEG)

Lothian Enteral starter feeding protocol [review underway]

[Guidelines for the prevention of re feeding syndrome in adult acute inpatient](#) [NHS Lothian Intranet]

6.3 Parenteral Nutrition

[Administration of Parenteral Nutrition \(Adult Inpatient\)](#)

Parenteral nutrition Best Practice Statement [to be developed]

Home Parenteral Nutrition - Best Practice Statement [under development]

6.4 Enteral education and training

[NHSL Enteral tube feeding adult Pre course workbook](#)

[Enteral Tube Feeding Training Course \(Adults\) for nursing staff](#) [NHS Lothian Intranet]

[Procedure for NG - 'Insertion and Care of Nasogastric Feeding Tubes\(Adult\)' two year competencies 2012](#) [NHS Lothian Intranet]

'Pre assessment of Patient prior to removal of a Balloon retained gastrostomy tube'.
Replacement a Balloon Retained Gastrostomy Tube and Assessing Correct Position of Balloon Retained Gastrostomy Tube'

Training on Complex Nutritional Support in critical care is available through

[Foundation in Critical Care Course](#) [NHS Lothian Intranet]

6.5 Parenteral education and training

Clinical Skill Courses delivered by Clinical Education Team are available to book on eESS.

[Central Venous Assess course \(nursing staff\)](#) [NHS Lothian Intranet]

Clinical Skills Management of Central Vascular Access Devices Pre-course Handbook, April 2020

[Administration of Parenteral nutrition via Central Vascular Access Device \(CVAD\)](#) [NHS Lothian Intranet]

[Management of Central Vascular Access Devices \(CVAD\)](#) [NHS Lothian Intranet]

[Removal of Non Tunnelled CVC and PICC two year competency](#) [NHS Lothian Intranet]

[TIVAD Huber Needle \(gripper\) insertion and removal](#) [NHS Lothian Intranet]

6.6 Patient Information

6.6.1 Inpatient information

[Nasogastric Feeding tubes for Enteral Nutrition - Information for Patients and Carers](#)

Information on inpatient parenteral nutrition [under development]

6.6.2 Outpatient information

[Dislodged gastrostomy protocol - patients](#)

What to do if your NGT falls out - Patient Information as provided by Nutricia Homeward Service

7.0 Evidence base

[Healthcare improvement Scotland, Complex Nutritional Standards December 2015](#)

[National Institute for Health Care Excellence Nutrition support for adults: oral nutrition support, enteral tube feeding and parenteral nutrition, Clinical Guideline 32\(2017\)](#)

8.0 Stakeholder consultation

Stakeholder consultation has been undertaken by circulation to senior staff, for comments and dissemination to their staff.

This policy was circulated to staff in Medical, Nursing, Dietetics, Pharmacy, Biochemistry, Service Managers, and Clinical Education, for consultation and comment.

The draft policy was placed on the NHS Lothian Consultation Zone to give all NHS Lothian staff an opportunity to provide feedback/comment.

9.0 Monitoring and review

The NHS Lothian Complex Nutritional Support Policy will be reviewed every three years as a minimum.

The Lothian Nutritional Care Group (LNCG) will have responsibility for this policy; ensuring systems of governance and audit are in place.