

# PUT A TUBE IN IT

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March 1, 2014

# Agenda

- Nutrition goals
- Challenges
- Role of nutrition support
- Types
- Success?

# Nutritional Goals

- Help preserve lung function
- Achieve a desired body weight
  - BMI goals per CF Foundation:
    - Males > 23 kg/(m<sup>2</sup>)
    - Females > 22 kg/(m<sup>2</sup>)
- Maintain muscle mass
- Energy levels



# Nutrition Challenges with CF

- Lack of interest in food
- Lack of energy to prepare foods
- Early satiety
- Increased energy expenditure
- Nausea
- Depression



# Don't Forget About ...

- Blood glucose control
  - Blood sugar checks
  - Insulin regimen
- Gastrointestinal issues
  - Bowel regimen
  - Hydration
  - Pancreatic enzymes



# Nutrition Interventions

- Adjust diet and eating pattern
- Oral nutrition supplements
- Appetite stimulants
- Nutrition support
- Wear oxygen if needed

# Nutrition Support

- Types:
  - Enteral (a.k.a. tube feeds)
    - *If the gut works, use it*
  - Parenteral
    - IV nutrition
- Goal:
  - Improve nutrition status when eating is not enough or not possible

# Parenteral Nutrition

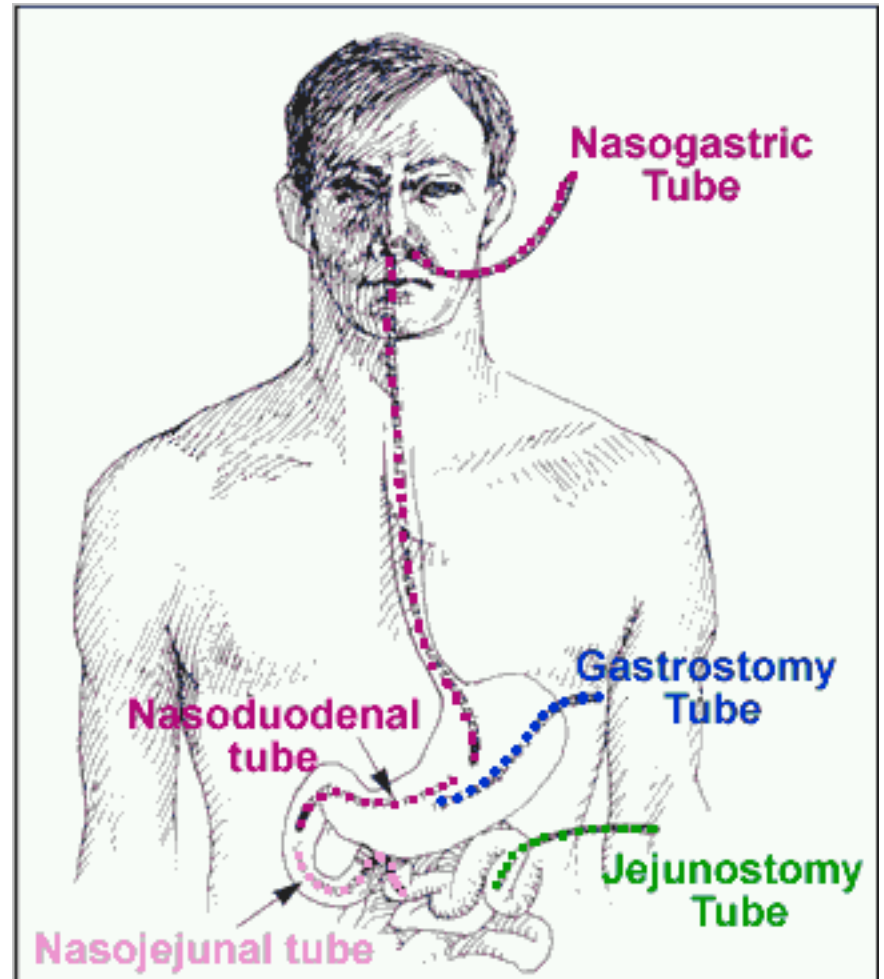
- Peripheral parenteral nutrition (PPN)
  - Temporary
- Total parenteral nutrition (TPN)
  - Runs through central line
- IV lipids
  - Commonly run over night
  - No evidence to support benefit for weight gain
- Goal:
  - Provide macronutrients
  - Use when your gut is not working





# Enteral Nutrition

- Routes
  - Gastric
  - Duodenum
  - Jejunum
- Placement
  - Nasal
  - Percutaneous



# Tube Feed Regimens

- Continuous
  - Run over 24 hours
- Cycled
  - Typically run over night
  - Duration is variable
- Bolus
  - Simulates meals
  - Given over a short period of time
  - Not permitted for J tubes

# Tube Feed Formulas

- Complete, intact
  - Highest calorie choice
  - Contains fiber
  - Simulates real food
- Semi-elemental
  - Partially broken down for ease of digestion
  - Chosen if don't tolerate the intact formula



# Medication Management

- Enzymes
  - Need additional capsules with the tube feeds
  - Can be mixed into formula at home
- Insulin coverage
- Hydration
- Bowel regimen
- Reflux management

# Concerns

- Financial concerns
- Fear of surgery
- Pain management
- Treatment burden
- Body image



# Things to Consider

- Time and consistency helps lead to success
- Better success when placed with moderate lung function
- Team discussion, patient decision
- Transition to a low profile button



# Questions

