

DESCRIPTIVE STUDY OF THE ENTERAL TUBE FEEDING PRACTICES IN A TERTIARY HOSPITAL

OHP-021

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Background

The utilization of enteral nutrition (EN) has expanded as a practice of first choice in patients who are malnourished or at risk of malnutrition.

Purpose

To explore the practice of EN in order to identify possible aspects to improve from hospital pharmacy.



Materials and Methods

A six months retrospective descriptive study (January-August 2013) was conducted in a tertiary hospital.

Variables analyzed

Refer to the patient

Age, sex, medical service and length of stay (LOS)

Related to EN

Formula type, route and duration of enteral administration and daily calories intake

Results

- N= 217 patients.
- 66.2 % were men, mean age 68 years (range 32-95).
- Mean LOS = 20 days (min: 1, max: 103).
- Average days with EN = 8 (min: 1, max 95).
- 89 patients (41.0%) were malnourished at the outset of feeding.
- Mean daily calories fed = 1,105.55 K cal/day.

Diets prescribed according to calorie-protein content four different, %	
Normoprotein-isocaloric	39.3
High protein-isocaloric	31.9
High protein-high calorie	19.7
Normoprotein-high calorie	9.1

Special diets prescribed, %	
Complete diet for diabetes	66.6
Diet with fiber	20.5
Diabetes supplement	11.7
Complete diet for hepatic disease	0.4
Dialysis and predialysis EN	0.8

Clinical service distribution, (%)

Internal Medicine	33.3
Neurology	12.9
Otorhinolaryngology	11.3
General Surgery	9.4
Pneumology	6.9
Digestive	5.2
Mental Health	5.1
Angiology and Vascular Surgery	5.0
Traumatology	3.1
Others	7.7

Conclusions

These results support that the increasing availability of different brands and varieties of EN requires the creation of nutritional support groups including a pharmacist during the choice of formulas, writing procedures and educating basic work teams to improve feeding practice.