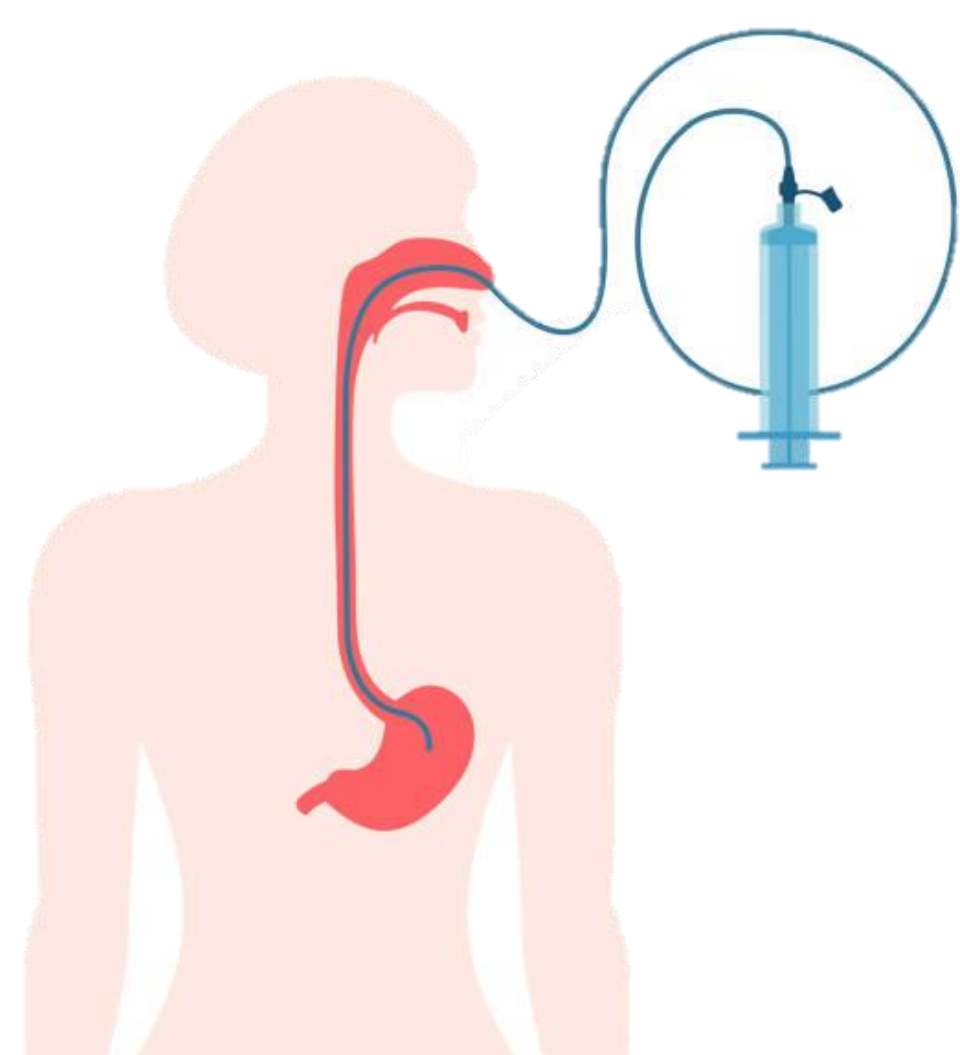


PHARMACEUTICAL CARE FOR PATIENTS WITH NASOGASTRIC TUBES: HOW SHOULD I TAKE MY MEDICATION NOW?

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WHAT WAS DONE?

Development of a pharmaceutical care project for patients with nasogastric tubes (NGT) **to ensure the proper administration of medications through the tube and their correct handling.**

WHY WAS DONE?

The administration of drugs through NGT is a **common practice in the hospital setting**. However, it cannot be assumed that this route of administration shares the same properties as the oral route.

Proper administration requires considering:


- Pharmacokinetic and pharmacodynamic properties
- Adapting recommendations to the pharmaceutical form (PF).

Incorrect manipulation can lead to:

- Reduction or loss of therapeutic efficacy, increase in adverse effects
- Toxicity or mechanical, metabolic or infectious complications.

Despite the wide bibliography on this topic, there is a lack of knowledge among patients, caregivers, and hospital staff when there is not adequate training on the use and care of the NGT.

HOW WAS DONE?

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- In May 2024, a working group of pharmacists was formed in the Hospital Pharmacy Department with the aim of **creating a protocol for the adjustment of medications for administered through a NGT in hospitalized patients.**
 - A **document** was developed with **general recommendations** on maintenance, interactions with drugs, food and enteral nutrition, aimed at patients, caregivers and healthcare professionals to ensure the correct use of the tube.
 - A **literature review** was conducted on the various **available manipulation guidelines** (Technical sheets, dysphagia Guide from La Paz Hospital 2021 and the Guide for Drug Administration through Tubes Reina Sofía Hospital 2023), as well as **validated apps** such as (Deglufarm[®], Medisonda[®]) which provide handling and administration instructions for each PF.

WHAT HAS BEEN ACHIEVED?

A daily search was conducted for hospitalized patients with nasogastric tubes to identify the need of instructions on medication handling. A fillable document was designed with the necessary recommendations for the handling of each prescribed medication during the hospitalization. During the pharmaceutical validation, patients with NGT were reviewed, and personalized reports were created according to the prescribed treatments.

WHAT IS NEXT?

To evaluate the level of patient satisfaction and including new needs. In addition, the aim is to implement this protocol upon discharge, in order to offer a personalized report with recommendations for the prescribed medications.