

1. Introduction

These guidelines are to inform registered nursing staff and medical teams of the appropriate feeding regime to be used when starting feeding post gastrostomy insertion.

A gastrostomy is a surgical opening through the skin of the abdomen to the stomach to allow feed to be delivered via a feeding device.

2. Scope

These guidelines apply to **Paediatric patients, admitted to Paediatric wards across University Hospitals of Leicester NHS Trust.**

The guideline is to be used by paediatric dietitians and registered nurses.

Paediatric patients are classified as being under 16 years of age or those under 19 years of age in special education.

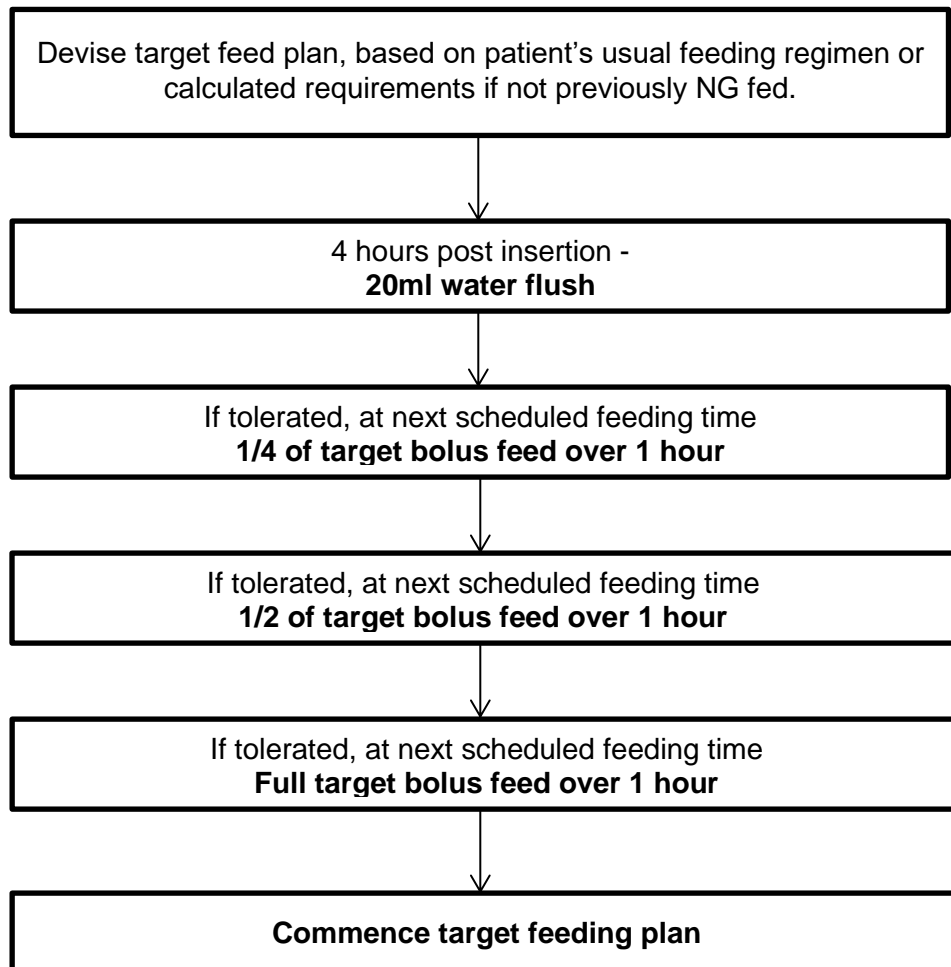
3. Recommendations, Standards and Procedural Statements

3.1 Process for commencing feeding post Gastrostomy placement in Paediatric patients

No	Action
1	Prior to admission, Waiting List Coordinator to inform dietetic team when date booked for gastrostomy via email (dietetic.admin@uhl-tr.nhs.uk).
2	Upon admission of child for above procedure, Registered Nurse to refer inpatients to ward Dietitian for a detailed enteral feeding regimen based on an individual nutritional assessment. Please refer to Dietetic and Nutrition Service via ICE system.
3	Patients will be nil via gastrostomy for 4 hours post procedure unless directed otherwise by the Consultant Paediatric Surgeon. Ensure IV fluids meet fluid requirements as per surgeon's advice.
4	Commence feeding as per Dietitian's plan after 4 hours if no medical contraindication. Adjust IV fluids to account for feed/fluid flushes administered.
5	Continue to increase volume of feeds as per feeding plan. Parents/carers should be trained by Registered Nursing staff, regarding the correct procedure for feeding in preparation for discharge home. The ward Dietitian will advise parents of a suitable feeding plan for home. Referral to the appropriate Home Enteral Nutrition Services will be made by the ward Dietitian for further dietetic follow up and for registration with Homeward for ongoing feed equipment and ancillaries.
6	Upon discharge Registered Nurses should provide parents/carers with a 7 day supply of Enfit giving sets and syringes from ward supplies. In addition please provide a 7 day supply of enteral feed, requested from pharmacy on a TTO prescription or use ward Stock. 10 day supply should be provided over bank holidays. Please see enteral feeding discharge leaflets for further information on being discharged with a gastrostomy.

3.2 Dietitian Plan for commencing feeding post gastrostomy

If currently having bolus feeds via NG or not previously NG fed:



- If require less than 3 bolus per day, follow plan as above, increasing volumes every 4 hours until target bolus is reached.
- If giving bolus over 1 hour means that rate exceeds usual rate, feed at usual rate.

If currently fed continuously via NG (See Appendix 1 for examples):

- If <15kg, start feeds at 2ml/kg and increase by 2ml/kg every 4 hours until target rate/volume is reached
- If >15kg, start feeds at 1ml/kg and increase by 1ml/kg every 3 hours until target rate/volume is reached

4. Education and Training

None

5. Monitoring and Audit Criteria

Key Performance Indicator	Method of Assessment	Frequency	Lead
All paediatric inpatients to commence gastrostomy feeds 4 hours following procedure unless contraindicated	Ward Dietitian to check if early feeding protocol has been applied on assessment	Annual	Senior Paediatric Dietitians

6. Supporting Documents and Key References

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7. Key Words

Enteral feeding, Gastrostomy, Paediatric, Early feeding

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Appendix 1: Example Enteral Tube Continuous Feeding Plans

If child weighs 15kg

Commence feeds at 2ml/kg/hr and advance by 2ml/kg every 4 hours

Time	Rate per hour		Volume of feed delivered per 4 hours
0-4 ^o	2ml/kg/hr =	30ml/hr	120ml
4-8 ^o	4ml/kg/hr=	60ml/hr	240ml
8-12 ^o	6ml/kg/hr=	90ml/hr	360ml
Total volume of feed delivered in 12 hours = 720ml			

If child weighs 25kg

Commence feeds at 1ml/kg/hr and advance by 1ml/kg every 3 hours

Time	Rate per hour		Volume of feed delivered per 3 hours
0-3 ^o	1ml/kg/hr =	25ml/hr	75ml
3-6 ^o	2ml/kg/hr=	50ml/hr	150ml
6-9 ^o	3ml/kg/hr=	75ml/hr	225ml
9-12 ^o	4ml/kg/hr=	100ml/hr	300ml
Total volume of feed delivered in 12 hours = 750ml			

Appendix 2: Paediatric Enteral Tube Feed Regimen – Post Nissen’s Fundoplication and Gastrostomy Insertion

NAME: WEIGHT:.....

DATE OF BIRTH: FLUID REQUIREMENT (mls/kg/ day):

S NUMBER: ENERGY REQUIREMENT (kcal/kg/day):

Usual/target feeding plan: _____

To be completed by Registered Nurse

Date	Time	Feed name + volume	Rate of feed	Continuous or bolus?	Vomiting (Y/N)	Bowels opened (Y/N) Please indicate type	Gastrostomy site clean and healthy (Y/N)	Initial and signature

Comments: _____

Dietitian’s Name (Print): Designation: Dietitian’s Signatu re:.....

Bleed/Extension No:..... Date and Time:.....

NAME:

S NUMBER: DATE OF BIRTH:

To be completed by Registered Nurse

Date	Time	Feed name	Rate of feed	Continuous or bolus?	Vomiting (Y/N)	Bowels opened (Y/N) Please indicate type	Gastrostomy site clean and healthy (Y/N)	Initial and signature

Comments:

Dietitian's Name (Print):

Designation:

Dietitian's Signature:

Bleed/Extension No:.....

Date and Time:.....