Tips for Improving Quality of Life at Home on Tube Feeding

Avoiding Tube Feeding Complications

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Objectives

• Your tube feeding shouldn’t hurt! Identifying and solving tube site complications.

• Set yourself up for success. Making your feeding regimen work for you at home.

• Identify adapters and securement devices that may solve your access device or stoma site dilemma.
Home Enteral Nutrition Complications

- 19 adult patients followed for one year

<table>
<thead>
<tr>
<th>Condition</th>
<th>Number</th>
<th>Medical Visit</th>
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<tbody>
<tr>
<td>Stomal infection</td>
<td>8</td>
<td>4</td>
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<tr>
<td>Fullness</td>
<td>9</td>
<td>0</td>
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<tr>
<td>Nausea / vomiting</td>
<td>9</td>
<td>1</td>
</tr>
<tr>
<td>Regurgitation</td>
<td>11</td>
<td>1</td>
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<td>Flatulence</td>
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Home Enteral Nutrition Complications\(^3\) (cont’d)

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<thead>
<tr>
<th></th>
<th>Number</th>
<th>Medical Visit</th>
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<tr>
<td>Diarrhea</td>
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<td>4</td>
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<tr>
<td>Constipation</td>
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<tr>
<td>Equipment failure</td>
<td>8</td>
<td>2</td>
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<tr>
<td>Tube blocked</td>
<td>10</td>
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<tr>
<td>Problems obtaining TF</td>
<td>14</td>
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</tbody>
</table>
Home Enteral Nutrition Monitoring

• Tolerance of Tube Feeding
  – Diarrhea
  – Nausea and vomiting
  – Abdominal bloating
  – Cramping
  – Tube-related issues
Home Enteral Nutrition and Monitoring

Possible Physician Objections:
• Potentially labor intensive
• Potential liability: High-risk patient care out of direct sight
• Dependent on suppliers / nursing

Other Concerns:
• Some clinicians unfamiliar with monitoring requirements
• Some clinicians unfamiliar with treating complications
Debbie

c/o leaking at stoma site
Tube site red and irritated
Debbie
David

6’0” and 135# and not gaining weight
Significant foamy reflux with constant coughing and clearing
Tube site frequently “gooey”
David
David

Started on prokinetic agent
Slowed down feeding administration
Changed daily stoma cleaning regimen
Confirmed properly sized button
Normal Healing

• What is normal healing of a G-tube site?
PEG Site Infection

• Infection at the tube site is the most common complication
  – Incidence rate ranging 3–30%

• Factors that increase risk of infection:
  – Diabetes
  – Obesity
  – Malnutrition
  – Chronic steroid use
Bacterial Infection
Bacterial Infection

**Problem:**
Improper cleaning regimen
Lack of clinical expertise

**Solution/Intervention:**
- Daily cleaning regimen education
- Systemic antibacterial treatment via G tube

1 week after ABX initiation
Hypergranulation

- Hyperplasia of granulation tissue; hypertrophic granulation; proud flesh
- “Spongy, fragile, exuberant mass of tissue”
- Highly vascular, painful, and bleeds easily
- Inhibits epithelialization and increases risk of stoma site infection
Hypergranulation (cont’d)

• Common causes:
  – Excessive movement of tube
  – Excessive use of hydrogen peroxide
  – Body’s own response to the presence of the tube

• Treatment options: Address the cause
  – Hydrocortisone cream
  – Silver nitrate
  – Cauterization
Hypergranulation (cont’d)
Hypergranulation (cont’d)
Yeast Infection at G-Tube Site

• Fungal infection of any of the *Candida* species
• Common symptoms:
  – Pustule with secondary lesions of papules from abraded pustules and plaque
  – Erythema, maceration, and pruritus
  – Satellite lesions
• Common causes:
  – Excessive leaking or bleeding at stoma site
  – Prolonged use of moist dressing at stoma site
Yeast Infection at G-Tube Site (cont’d)

• Treatment Options: Address the Cause
  – Barrier cream to protect skin if site still leaking
  – Hydrocortisone cream to manage inflammation
  – Topical antifungal treatment BID
  – Some commonly used examples:
    • Lotrimin® (Clortrimizole) OTC
      – Blocks the manufacture of ergosterol, a crucial material of the yeast cell wall, so it becomes leaky and the yeast die.
    • Mycostatin® (Nystatin)
      – Attaches to the yeast’s ergosterol, then forms artificial holes in the yeast wall that cause the yeast to leak and die.
Yeast Infection
Yeast Infection

Day 1

Day 15

Day 45
Severe Yeast Infection

Week 1

Week 3

Week 5
Mold in Tube
Degradation of the Tube
Securement Devices
Securement Devices
Access Device Problems & Solutions
Access Device Problems & Solutions
Home Enteral Nutrition Conclusion

• If it doesn’t look right, it probably isn’t.
• You have options with your feeding regimen and access devices.
• Complications do occur
• Home care clinician knowledge of complications and their treatment is imperative