Index

Abbreviations: CVC, central venous catheter; NJ, nasojejunal; NNS, nutrition nurse specialist; NS, nutrition support; NST, Nutrition Support Team; PEAT, Patient Environment Action Team; PEG, percutaneous endoscopic gastrostomy; PEGJ, percutaneous endoscopic gastrojejunostomy; PN, parenteral nutrition; RIG, radiologically inserted gastrostomy.

abdominal distension 113
advanced directives 189–90
albumin 27–8, 154
allergies to PN 148
antibiotics for overgranulation 110
aspiration of gastric contents 90–3
assessment
  for enteral nutrition 86–7, 97, 102
  nutrition 36, 38, 44–51, 133, 224–5
  for PN 132–4, 144–5, 153–5
  of risks of re-feeding syndrome 169–70
  of screening tools 13
bacterial contamination of feed 113
balloon gastrostomy 100, 103, 110–11
  case study 239–40
  patient care 106, 107
  removal 114
BAPEN 2, 210
basilic veins for PN access 135
benchmarking of patient care 14
best interests of patients 188–9
Better Hospital Food Programme 8
blockage of feeding tubes 111–12, 159, 229
blood tests
  for monitoring re-feeding at home 225
  for PN assessment 133–4, 145
  for PN monitoring 154–5
body mass index (BMI) 47–9, 133
body weight for nutrition assessment 47–9, 133, 224–5
  see also weight loss
breathlessness, and malnutrition 47
button gastrostomy 101, 103
  patient care 106, 107
  removal 114
C-reactive protein (CRP) 154
cannulas for PN access 138–9
capnography 94
capsule administration 120, 122
carbohydrates
  metabolism and re-feeding syndrome 168–9
  nutritional supplements 85
cardiac monitoring of starved patients 178, 179
care homes 12–13
catering, hospital 8–9
  staff’s role in NS 37, 59, 60
  support for protected
  mealtimes 75
catheters for parenteral access
  135–7, 138–9, 155–8
  aftercare 140–1, 156
central venous, see central venous
  catheters
  midline 138, 141
central venous catheters
  (CVCs) 135–7, 139, 155–8
  aftercare 140–1
dressings 141–3
  flushing 144, 152
  monitoring of placement 139
  non-tunnelled 135–6, 140
  patient care 143–4
  peripherally inserted 136–7, 140
  removal 161
  single- and multi-lumen 139
  tunnelled 137, 140–1
cephalic veins for PN access 135
clinical history for nutrition
  assessment 44–5
coaulation of feeds 121, 122
competent patients 186–7
diabetes 113, 116
contamination of tube feeds 118–19
decision-making on NS 186–90
deficiencies
  of energy 29–30
  nutritional 29–35, 38–9, 171–5
dehydratation 45, 113
dementia 72–4, 190–2
diarrhea 112–13, 115, 116, 121
diet
  dietary history 46
  oral 82–3
dietitians
  referral to 53–4
  role in NS 37–8, 207–8
doctors, role in NS 10, 38, 200–1
domestic staff, role in NS 60, 65–6
dressings
  for CVCs 141–3
for overgranulation 109
drinking equipment 77–8
drinks to improve oral nutrition 83,
  85
drugs, see medication
dysphagia 63–4, 71–2
eating equipment 77–8
  Eating Matters resource pack 4
education
  by link nurses 66–7
  for enteral nutrition at
  home 220–1
  in NS 4, 62, 78–9, 205–7
  of NSTs 210–11
electrolytes
  effect of starvation 168–9
  monitoring for NS 178
  in PN 147
energy
  content in PN 146
  deficiency 29–30
  high- and low-energy tube
  feeds 116–17
enteral feeds 112–13, 115–19,
  121–2
  administration 119–20
dietitians’ role 208
storage at home 227
enteral nutrition 5, 17, 125–6
  at home 219–21
  communication among
    healthcare workers 226–7
  education of patients 220–2
  equipment 222, 228
  feed supplies 227–8
  monitoring and review 223–7
  support groups 230
case studies 231–45
documentation 85
  gastric 98–101, 103–6
  jejunal 101–2, 106–12
  nasogastric 86–96
  NJ 96–8
  organisation 212
  patient care 90–6, 103–6, 223–7
  ethics of NS 4, 183–4, 199–200
fat, in PN 146
fat-based nutritional supplements 85
feeding tubes
aftercare 103–8
balloon gastrostomy 114, 239–40
complications 108–12
flushing 121–3, 124–5
gastric 99–100
gastrojejunal 101–2
monitoring of placement 90–6, 101–2
nasogastric 87, 88–96
NJ 96–8
preparation of patients 102–3
removal 113–15
securing 94–6, 98, 102
feeds, see enteral feeds; parenteral feeds
femoral veins for PN access 135
fibre tube feeds 116–17, 118
filters for PN 151–2
fluid levels, see hydration status
fluid retention 45, 169
flushing
of CVCs 144, 152
of feeding tubes 121–3, 124–5
foam dressings for overgranulation 109
folic acid deficiency 32–3
food in hospital 6–7, 8
and catering 8–9, 37
European resolution on 15
improvement 5–6, 8
for older people 7–8, 11–12, 17, 30
patients’ experience of 18
patients’ intake 68–78, 81–5
PEAT inspections 11, 15
protected mealtimes 74–6
standard for 15
wastage 6, 9, 15–16
Food and Nutrition standard 7
fortified foods 83–4
gastrojejunal nutrition 101–2
gastrostomy 99–100
balloon 100, 103, 106, 107, 110–11, 114
button 101, 103, 106, 107, 114
case study 239–40
complications 108–13
patient preparation 102–3
PEG, see percutaneous endoscopic gastrostomy
PEGJ, see percutaneous endoscopic gastrojejunostomy removal 113–15
RIG 97, 100
surgically inserted 100
gluconeogenesis 25, 168
glutamine 148
glycogen metabolism 25, 26, 168
granuloma 109–10, 232–3
healthcare workers
nutritional care education 78–9, 177, 205–7
for patients in the community 226–7
role in NS 59, 60, 64, 209
height of patient 50, 133
high-energy tube feeds 116–17
high-protein tube feeds 117
hormones, effects of malnutrition 28–9
hospital–community transfer 219–29
hydration status
dehydration 45, 113
during PN 147, 153–4
in re-feeding syndrome 176, 179
hyperglycaemia 155, 159
hypocalcaemia 174–5
hypokalaemia 172–3
hypomagnesaemia 173–4
hypophosphataemia 169, 171–2
immune system, effects of malnutrition 24, 29
immunologic function tests 51
implantable IV access devices 137, 141
infections, catheter-related 156–7
inflammation associated with feeding tubes 108–9
informed consent 185–6
injury, effects on metabolism 25, 38–9
intravenous nutrition, see parenteral nutrition
intravenous syringes 123–4
iron deficiency 34–5
jugular vein for PN access 134–5
knotting of PEGJ tubes 112
kwashiorkor 29
leakage from stoma/fistula site 110–11
legal aspects of NS 4, 185–8, 189–90, 191, 192
link nurses 66–7
lipolysis 25
liquid medication, administration 121, 123–4
low-energy and low-sodium tube feeds 117
MAG nutrition screening tool 6
malnutrition 3, 23–5, 29–35
cost 16
effects on health 24, 26–30
identification 1–2, 6, 35–6, 38–9
by screening 6, 13–15, 36–7
in older people 7–8, 17, 25, 30
standards for treatment 2–3
marasmus 29–30
medication
administration 120–2, 151, 201–2
case study 240–3
effects on PN 148–9
metabolism
effects of malnutrition 26–9
effects of PN 159
effects of starvation 168–9
effects of surgery or injury 25, 38–9
midline catheters 138, 141
mineral deficiencies 33–5, 171–5
mobility, and malnutrition 45
muscle function, for nutrition assessment 50
MUST report on nutrition screening 14–15
nasogastric nutrition 86
patient care 86–7, 88
tubes 87, 88–96
nasojejunal (NJ) nutrition 96–8
nausea 113
NHS Plan for nutrition in hospitals 6–7
non-competent patients 187–8, 190–2
non-medical prescribing for PN 161–2
non-tunnelled CVCs 135–6, 140
nurses
education 4, 62, 78–9, 205–7
roles
of link nurses 66–7
in NS 36–7, 203–7, 209
in nutrition screening 41, 53–4, 60–2
in oral NS 57–60, 62–4, 68–70
nutrition nurse specialists (NNSs) 203–7
Nutrition Steering Committees (NSCs) 215–16
nutrition support (NS)
best practice 12
by NSTs, see Nutrition Support Teams
case study 243–5
caterers’ role 37
dietitians’ role 37–8
doctors’ role 10, 38, 200–1
documentation 63, 76–7, 85
ethics of provision 4, 183–5, 199–200
guidelines 16–17, 25
healthcare assistants’ role 59, 60, 64
and hospital–community transfer 219–29
improvement priorities 18
legal aspects 4, 185–8, 189–90, 191, 192
management 5, 35–8, 197–208
need for 2, 81
for PN 160–1
relatives’ and volunteers’ role 64–5, 188
standards for 2–3, 7, 9–10, 15, 211–12
weight loss indicator 48–9
withdrawal 192–3
Nutrition Support Teams (NSTs) 197–208, 215–16
audits and reviews 213–14, 215
development 208–9, 210–13, 215
finance 214
organisation and standards 211–13
patient monitoring and support 201, 207
nutrition assessment 36, 38, 44–51, 133, 224–5
biochemical data for 50–1, 145, 153–5
nutritional care education, see education
nutritional requirements 144–5
nutritional supplements 84–5, 177–8
obese patients 38–9
occlusion of catheters 157
oedema 27, 47
older people
malnutrition 7–8, 17, 25, 30
nutrition 7–8, 11–13, 17, 30
oral liquid medicine 123–4
oral nutrition
improvement 68–78, 81–5
maintenance 57–60, 62–4, 68–70
supplements 84–5
overgranulation 109–10
parenteral feeds 146–7
administration 151
dietitians’ role 207–8
preparation 202–3
storage and care 149–50
parenteral nutrition (PN) 129–31
case studies 245–51
catheter occlusion 157
contraindications 130, 131–2, 160–1
discontinuation 160–1
filters 151–2
guidelines 129, 130–1
indications 131
intravenous access routes 134–5, 137, 138
non-medical prescribing for 161–2
organisation 212
patient care 143–4, 152–5
patient monitoring and aftercare by NSTs, see Nutrition Support Teams
pharmacists’ role 201–3
risks and complications 130, 143, 148, 155–9
patients
assistance with meals 64–5, 69, 70–2
best interests of 188–9
decision-making by 186–8
education for enteral nutrition at home 220–1
experience of hospital nutrition 18
improvement of food intake 68–78
informed consent to NS 185–6
NNS advocate for 207
PEATs (Patient Environment Action Teams) 11, 15
percutaneous endoscopic gastrojejunostomy (PEGJ) 101–2, 106–7, 112, 114
percutaneous endoscopic gastrostomy (PEG) 99–101
in advanced dementia 190–2
case studies 231–7, 252–3
tubes 99–100, 103–6
peripheral cannulas 138, 141
peripherally inserted CVCs 136–7, 140
persistent vegetative state 192
pharmacists, role in NS 201–3
power of attorney 188, 190
pressure ulcers 45
protected mealtimes 74–6
protein content in PN 146
protein nutritional supplements 85
proteolysis 25
pumps for tube feeds 119, 220, 228
pyrexia
case studies 247–51
catheter-related 158
quality of life 184, 185
Quetelet’s index (body mass index) 47–9, 133
radiologically inserted gastrostomy (RIG) 97, 100, 102–3, 106, 114
red trays 74
re-feeding at home 225
re-feeding syndrome 167–70
effects on patients 170–7
patient care 177–80
risk assessment 169–70
referral
to dietitians 53–4
within NSTs 209–10
relatives, role in NS 64–5, 188
risk assessment for re-feeding syndrome 169–70
safety precautions for feeding assistance 71–2
screening
for dysphagia 63–4
nutrition 6, 13–15, 36–7, 39, 41–4
dietitians’ role 37–8
documentation 53
management 42–4
nurses’ role 41, 53–4, 60–2
of obese patients 39
policy 42–3
screening tools 13–14, 51–2
MAG 6
MUST 15, 36–7, 52–3
sepsis, catheter-related 156–7
silver dressings and silver nitrate sticks 109
sleep disturbance 158, 228–9
soya tube feeds 117–18
standards
Food and Nutrition 7
for NSTs 211–13
for nutrition in care homes 12–13
for nutritional care and support 2–3, 7, 9–10, 15
starvation 168–9
steroid creams for overgranulation 110
subclavian vein for PN access 134
supplements, nutritional 84–5, 177–8
surgery, effects on metabolism 25
surgically inserted gastrostomy 100, 102–3, 107, 114
syringes, intravenous 123–4
tablet administration 120, 121, 122
temperature regulation, effects of malnutrition 28
thrombophlebitis 156
trace elements, in PN 147–8, 158–9
tube blockage removal 111–12, 229
case study 240–3
tube feeds, see enteral feeds; parenteral feeds
tunnelled CVCs 137, 140–1, 156
vegetative state 192
veins for PN access 134–8
vitamin A deficiency 30–1
vitamin B1 (thiamine) deficiency 31, 176
supplement 177–8
vitamin B2 (riboflavin) deficiency 32
vitamin C (ascorbic acid) deficiency 33
vitamins
   deficiencies of 30–2, 33
   in PN 147–8, 158–9
volunteers, role in NS 64–5
vomiting, case studies 237–40
ward housekeepers 65–6
weight loss
   in hospital 67–8
   indicator for NS 48–9

and malnutrition 26–7, 35, 37, 45, 46
   in obese patients 38–9
see also body weight

X-ray confirmation of feeding tube placement 93–4

zinc deficiency 33–4