

## **Table of Contents**

Dedication	iii
Contributors	iv-v
Reviewers	. vi–vii
Preface	. viii–x

## Part I. Parenteral Nutrition

### A. INTRODUCTION TO PARENTERAL NUTRITION

- 1. What is Parenteral Nutrition? A.S.P.E.N.
- 2. Parenteral Nutrition Jennifer Ash, Lesly Jurado
- 3. Definitions Hines VA Hospital
- 4. Parenteral Nutrition Additives
  - a. Insulin Regular MedFacts Patient Information
  - b. Famotidine Injection MedFacts Patient Information
  - c. Ranitidine Injection MedFacts Patient Information
  - d. Heparin MedFacts Patient Information

#### **B. PARENTERAL ACCESS DEVICES AND PUMPS**

- 1. Peripherally Inserted Central Catheters (PICC)
  - a. Peripherally Inserted Central Catheter (PICC)

    The Cleveland Clinic
  - b. Peripherally Inserted Central Catheter (PICC) Placement California Pacific Medical Center
  - c. Flushing the PICC Line The Cleveland Clinic
  - d. PICC Line Injection Cap Change The Cleveland Clinic
  - e. PICC Guidelines: Do's and Don'ts The Cleveland Clinic
- 2. Hickman® Catheters
  - a. Hickman® Catheter The Cleveland Clinic
  - b. Flushing the Hickman® Catheter The Cleveland Clinic
  - c. Hickman® Catheter Injection Cap Change The Cleveland Clinic
  - d. Hickman® Catheter Dressing Change The Cleveland Clinic
  - e. Hickman® Catheter Guidelines: Do's and Don'ts The Cleveland Clinic
- 3. Port-A-Caths®
  - a. Port-A-Cath® The Cleveland Clinic
  - b. Port-a-Cath® Care and Maintenance The Cleveland Clinic
  - c. Port-a-Cath® Huber Needle Insertion The Cleveland Clinic
  - d. Flushing the Port-a-Cath® The Cleveland Clinic
  - e. Port-a-Cath® Guidelines: Do's and Don'ts The Cleveland Clinic
- 4. Home Parenteral Nutrition (HPN): Catheter/Pump Complications *Oley Foundation*
- 5. What You Need to Know About Infusion Pumps Jennifer Ash

# Table of Contents, CONT.

#### C. COMPLICATIONS OF PARENTERAL NUTRITION

- 1. Home Parenteral Nutrition (HPN): Metabolic Complications Oley Foundation
- 2. TPN Metabolic Complications The Cleveland Clinic
- 3. Catheter/Pump Complications Oley Foundation (See I.B 4)

### D. HOME PARENTERAL NUTRITION

- 1. TPN at Home (Revised for Adult Patients) St. Jude's Hospital for Children
- 2. Home Total Parenteral Nutrition Memorial Sloan-Kettering Cancer Center
- How to Store Your Supplies/ How to Dispose of Used Needles and Syringes Hines VA Hospital
- 4. Washing Your Hands Hines VA Hospital
- 5. Tips for Sterile Technique Hines VA Hospital
- 6. Getting Started Hines VA Hospital
- 7. Starting Your Home Infusion Hines VA Hospital
- 8. Discontinuing Your Infusion Hines VA Hospital
- 9. Dental Procedures for Home TPN Patients The Cleveland Clinic
- 10. TPN Self-Monitoring The Cleveland Clinic
- 11. Monitoring Flowsheets
  - a. Home Nutrition Support Daily Monitoring Record The Cleveland Clinic
  - b. Home Monitoring Flow Sheet Hines VA Hospital
- 12. Home Teaching Checklist
  - a. Home TPN Teaching Checklist PICC The Cleveland Clinic
  - b. Home TPN Teaching Checklist Hickman® The Cleveland Clinic
  - c. Home TPN Teaching Checklist Port-a-Cath® The Cleveland Clinic

## **E. PARENTERAL NUTRITION SUPPORT GROUP**

The Oley Foundation Oley Foundation

## F. MEDICARE AND MEDICAID REIMBURSEMENT FORMS

- Instructions for Completing DME Information Form for Enteral and Parenteral Nutrition CMS – 10126 Centers for Medicare & Medicaid Services
- 2. Instructions for Completing DME Information Form for External Infusion Pumps CMS 10125 Centers for Medicare & Medicaid Services

## Part II. Enteral Nutrition

## A. ENTERAL NUTRITION — GENERAL

- 1. What is Enteral Nutrition? A.S.P.E.N.
- 2. Tube Feeding Quick Reference Guide Memorial Sloan-Kettering Cancer Center
- 3. Tube Feeding Made Easy Jackson Health System
- 4. Your Tube Feeding Guidelines Greater Los Angeles Veterans Administration Healthcare System



#### **B. ACCESS DEVICES**

- 1. Nasal Feeding Tube Novartis Nutrition Corporation
- 2a. and 2b. Illustrations: Location of NG and ND/NJ Feeding Tubes Saint Joseph Mercy Health System
- 3. Balloon, PEG, and Low Profile Gastrostomy Feeding Tubes Novartis Nutrition Corporation
- 4. Illustration: Location of the PEG Feeding Tube Saint Joseph Mercy Health System
- 5. Illustration: Location of the PG Feeding Tube Saint Joseph Mercy Health System
- 6. Gastrojejunostomy or Jejunostomy Tubes Amy M. Freeman
- 7a. and 7b. Illustrations: Location of the Percutaneous Gastro/Jejunostomy and Jejunostomy Feeding Tube Saint Joseph Mercy Health System

#### C. COMPLICATIONS

- 1. Problem Solving with Your Tube Feeding Saint Joseph Mercy Health System
- 2. Feeding Tube and Site Problems Novartis Nutrition Corporation

#### D. HOME ENTERAL NUTRITION

- 1. Tube Feeding Terms Saint Joseph Mercy Health System
- 2. Home Tube Feeding Daily Log Amy M. Freeman

## **E. FEEDING METHODS**

- 1. Gravity/Bolus/Intermittent with a Syringe
  - a. Tube Feeding Using the Gravity Method Memorial Sloan Kettering Cancer Center
  - b. Giving Your Feeding: The Gravity Drip Method Saint Joseph Mercy Health System
  - c. Bolus/Intermittent Tube Feeding Instructions
    Saint Joseph Mercy Health System
  - d. Giving your Feeding: The Syringe Method Saint Joseph Mercy Health System
  - e. Syringe Tube Feeding Instructions Saint Joseph Mercy Health System
  - f. Gravity or Intermittent Feeding Novartis Nutrition Corporation
  - g. How to Give a Gravity Feeding
    Greater Los Angeles Veterans Administration Healthcare System
  - h. Enteral Nutrition Delivery Guidelines for Gastrostomy Tube and Naso-gastric tube *Vanderbilt University Medical Center*
  - i. Tube Feeding Using the Bolus Method Memorial Sloan-Kettering Cancer Center
  - j. Bolus or Syringe Feeding Novartis Nutrition Corporation
  - k. How to Give Bolus Tube Feedings Greater Los Angeles Veterans Administration Healthcare System
- 2. Pump Feeding
  - a. Tube Feeding with a Pump Memorial Sloan-Kettering Cancer Center
  - b. Giving Your Feeding: The Pump Method Saint Joseph Mercy Health System

## Table of Contents, CONT.

- c. Continuous Tube Feeding Instruction Saint Joseph Mercy Health System
- d. Pump-Administered Feeding Novartis Nutrition Corporation
- e. Closed System Tube Feeding Novartis Nutrition Corporation
- f. How to Give Tube Feedings Using a Pump Greater Los Angeles Veterans Administration Healthcare System
- g. Enteral Nutrition Delivery Guidelines for Naso-Jejunal, Gastro-Jejunal, and Jejunostomy Feeding Tube Vanderbilt University Medical Center

#### F. MEDICATIONS

- 1. Taking Medicines Memorial Sloan-Kettering Cancer Center
- 2. Taking Medication Through Your Feeding Tube Saint Joseph Mercy Health System
- 3. Taking Medications and Tube Flushing Novartis Nutrition Corporation
- 4. A Patient's Guide to Getting Medications Through a Feeding Tube *Eric Frankel and Mark Klang*

#### **G. CARE AND MAINTENANCE**

- 1. Checking the Placement of Your Feeding Tube Saint Joseph Mercy Health System
- 2. Residual Check Saint Joseph Mercy Health System
- 3. Formula Preparation and Storage Saint Joseph Mercy Health System
- 4. Care of the Skin Around the Tube Site Saint Joseph Mercy Health System
- 5. Skin Care with Nasal Tubes Saint Joseph Mercy Health System
- 6. Mouth Care Saint Joseph Mercy Health System
- 7. Mouth Care Novartis Nutrition Corporation
- 8. Preventing Infections Novartis Nutrition Corporation
- 9. Nasal Feeding Tube Site Care and Maintenance Novartis Nutrition Corporation
- 10. Balloon and PEG Gastrostomy Tubes Checking Position Novartis Nutrition Corporation
- 11. Checking, Cleaning, and Securing the Gastrostomy Tube Novartis Nutrition Corporation

#### H. COPING

- 1. Realize That You Are Not Alone Cheryl Thompson
- 2. Knowledge is Empowering...Be Informed Cheryl Thompson
- 3. Communicate Effectively with Your Healthcare Provider *Cheryl Thompson*
- 4. Master Home Enteral Nutrition (HEN) Skills Cheryl Thompson
- 5. Gain Control Over Your Healthcare Cheryl Thompson
- 6. Seek and Accept Support Cheryl Thompson
- 7. Seek Enjoyment at Meal Times Cheryl Thompson

## I. COSTS — CMS/MEDICARE REIMBURSEMENT FORMS (See Part I.F I and 2)



## Part III. Surgical Procedures

## A. ORAL SURGERY

Liquid or Wired Jaw Diet Vanderbilt University Medical Center

## **B. GASTROINTESTINAL SURGERY**

- 1. Gastrointestinal Tract Anatomy Illustration
- 2. Nutrition Guidelines After a Nissen Surgery University of Virginia
- 3. Post Gastrectomy Diets
  - a. Gastric Surgery Diet Vanderbilt University Medical Center
  - b. Post Gastrectomy Diet
    - 1) Post Gastrectomy Diet Temple University
    - 2) Dumping Syndrome University of Virginia
    - 3) Dumping Syndrome for After Gastrectomy Martha Orabella
- 4. Diet Guidelines After Large Colon Resection Portland Adventist Medical Center
- 5. Diet Following an Ileostomy
  - a. Ileostomy Diet Froedtert Memorial Lutheran Hospital
  - b. Ostomy Diet Vanderbilt University Medical Center
- 6. Short Bowel Syndrome Diet
  - a. Nutrition for Short Bowel Syndrome (SBS) Vanderbilt University Medical Center
  - b. Malabsorption Diet The Ohio State University Medical Center

### **C. LIVER TRANSPLANT**

- 1. Nutrition While You Are Waiting for Your Transplant Strong Memorial Hospital
- 2. Diabetes Education for Transplant Patients Strong Memorial Hospital

## Part IV. Medical Conditions

## A. GASTROINTESTINAL CONDITIONS

- 1. Heartburn, Gastroesophageal Reflux Disease National Institutes of Health
- 2. Gastroparesis Diet Tips University of Virginia
- 3. Nutrition for Chronic Pancreatitis Beth Israel Deaconess Medical. Center
- 4. Low Fat Nutrition Therapy Amy M. Freeman
- 5. Nutrition and Inflammatory Bowel Disease
  - a. Nutrition and Crohn's Disease
    - 1) Nutrition and Crohn's Disease University of Virginia
    - 2) Crohn's Disease National Institutes of Health
  - b. Nutrition and Ulcerative Colitis (UC) University of Virginia
- 6. Nutrition Considerations for the Patient with Irritable Bowel Syndrome (IBS) *University of Virginia*

## Table of Contents, CONT.

### B. DIETS TO PROMOTE WEIGHT GAIN AND MAXIMIZE PROTEIN INTAKE

- 1. High-Calorie/High-Protein Guidelines Youville House
- 2. How to Increase Calories National Institutes of Health
- 3. How to Increase Protein National Institutes of Health
- 4. Snack Ideas for Gaining Weight University of Virginia
- 5. Low Sodium Snack Ideas For Gaining Weight University of Virginia
- 6. High Calorie Liquid Diet University of Virginia

# C. NUTRITION CONSIDERATIONS FOR PATIENTS WITH A CANCER DIAGNOSIS

- 1. General Nutritional Considerations with Cancer National Institutes of Health
- 2. Preventing Food-Borne Illness National Institutes of Health
- 3. Nutrition and Symptom Management:
  - a. Loss of Appetite National Institutes of Health
  - b. Dry Mouth National Institutes of Health
  - c. Sore Mouth or Throat National Institutes of Health
  - d. Changed Sense of Taste or Smell National Institutes of Health
  - e. Nausea and Vomiting National Institutes of Health
  - f. Diarrhea National Institutes of Health
  - g. Constipation National Institutes of Health
  - h. Weight Gain National Institutes of Health

#### D. NUTRITION AND THE ELDERLY

- 1. Eating Well as We Age US Dept. of Health and Human Services FDA
- 2. Good Nutrition: It's a Way of Life National Institutes of Health

## Part V. Pediatrics

## A. ASSESSMENT/ FEEDING/GENERAL NUTRITION CARE

- 1. Body Mass Index Children's Mercy Hospital
- 2. Diarrhea Children's Mercy Hospital
- 3. Feeding an Infant with Cleft Lip or Palate Children's Mercy Hospital
- 4. Fiber and Fluids Children's Mercy Hospital
- 5. Formula Preparation Children's Mercy Hospital
- 6. Increase Weight Gain Children's Mercy Hospital
- 7. Mouth Care for Oncology Patients Children's Mercy Hospital
- 8. Mouth Care Novartis Nutrition Corporation
- 9. Oral Rehydration Therapy Children's Mercy Hospital

### **B. ENTERAL**

- 1. Why Nutrition Is Important Novartis Nutrition Corporation
- 2. The Digestive System Novartis Nutrition Corporation
- 3. Nasal Feeding Tube Novartis Nutrition Corporation



- 4. Nasogastric Feeding Tube Insertion Children's Mercy Hospital
- 5. Nasal Feeding Tube Site Care and Maintenance Novartis Nutrition Corporation
- 6. Nasogastric Tube Feeding Children's Mercy Hospital
- 7. Percutaneous Endoscopic Gastrostomy Tube Children's Mercy Hospital
- 8. Gastrostomy Button Children's Mercy Hospital
- 9. Children and Feeding Tubes Novartis Nutrition Corporation
- 10. Gastrostomy Tube Feeding Children's Mercy Hospital
- 11. Gastrostomy Tube Removal Children's Mercy Hospital
- 12. Jejunostomy Tube Care Children's Mercy Hospital
- 13. Adjusting to Tube Feeding at Home Novartis Nutrition Corporation
- 14. Patient Progress Record Novartis Nutrition Corporation
- 15. Breastfeeding Your Sick Baby Ginger Carney
- 16. Aspiration, Nausea, and Vomiting Novartis Nutrition Corporation

#### C. PARENTERAL

- 1. TPN (Total Parenteral Nutrition) St. Jude Children's Research Hospital
- 2. Pediatric Peripherally Inserted Central Catheter (PICC) Line Insertion California Pacific Medical Center
- 3. Hickman®/Broviac® Catheter Care Children's Mercy Hospital
- 4. Implanted Port Children's Mercy Hospital
- 5. Peripherally Inserted Central Catheter (PICC) Children's Mercy Hospital
- 6. Peripherally Inserted Central Catheter (PICC): Risks, Benefits, General Information *Children's Mercy Hospital*
- 7. Midline Catheter Children's Mercy Hospital
- 8. Accessing a Port-a-Cath® Children's Mercy Hospital
- 9. Drawing Blood from a Hickman®/Broviac® Catheter *Children*'s *Mercy Hospital*

### D. HOME PARENTERAL NUTRITION FOR PEDIATRIC PATIENTS

- 1. Handwashing, Supplies Storage, Sharps Disposal, Monitoring (See Part I. Section D)
- 2. TPN at Home St. Jude Children's Research Hospital
- 3. Home Total Parenteral Nutrition Children's Mercy Hospital

## Part VI. Spanish Language Patient Education Materials

## **A. GENERAL NUTRITION**

- 1. Infant Feeding Children's Mercy Hospital
- 2. Maintaining Healthy Weight Children's Mercy Hospital
- 3. Oral Rehydration Therapy Children's Mercy Hospital
- 4. Oley Foundation Oley Foundation

# Table of Contents, CONT.

#### **B. ENTERAL GENERAL**

- 1. What is Enteral? A.S.P.E.N.
- 2. Tube Feeding Made Easy Jackson Health System
- 3. Compat<sup>®</sup> Enteral Pump Care Card Novartis Nutrition Corporation
- 4. Management and Care of Gastrostomy Tubes Rafael Barrera and Nestor Munoz
- 5. Instructions for Bolus or Syringe Feeding Novartis Nutrition Corporation
- 6. Instructions for Pump Administered Feeding Novartis Nutrition Corporation
- 7. Troubleshooting Problems with Feeding Tube Novartis Nutrition Corporation

#### C. HOME ENTERAL

1. Home Enteral Nutrition Gilberto Hurtado and Marisol Juarez

#### **D. ENTERAL PEDIATRICS**

- 1. Nasal Feeding Tube Care & Maintenance Novartis Nutrition Corporation
- 2. Gastrostomy Tube Children's Mercy Hospital
- 3. Gastrostomy Tube Feeding Children's Mercy Hospital
- 4. Button Gastrostomy Tube Children's Mercy Hospital
- 5. Percutaneous Endoscopic Gastrostomy Children's Mercy Hospital
- 6. Gastrostomy Tube Removal Children's Mercy Hospital
- 7. Jejunostomy Tube Care Children's Mercy Hospital
- 8. Adjusting to Home Enteral Nutrition Novartis Nutrition Corporation
- 9. Aspiration, Nausea, Vomiting Novartis Nutrition Corporation

## **E. PARENTERAL GENERAL**

- 1. What is Parenteral Nutrition? A.S.P.E.N.
- 2. Parenteral Nutrition Jennifer Ash, Lesly Jurado
- 3. Famotidine Injection MedFacts Patient Information
- 4. Ranitidine Injection MedFacts Patient Information
- 5. Heparin MedFacts Patient Information
- 6. Insulin MedFacts Patient Information

## F. PARENTERAL PEDIATRICS

- 1. Accessing a Port-a-Cath® Children's Mercy Hospital
- 2. Peripherally Inserted Central Catheter (PICC) Children's Mercy Hospital
- 3. Home Total Parenteral Nutrition Children's Mercy Hospital



## Part VII. Patient Education Resources

- A. TEACHING STRATEGIES FOR SPECIAL NEEDS LK Guyer
- **B. STRATEGIES FOR TEACHING OLDER ADULTS EFFECTIVELY**Sue McLaughlin
- C. TOOL FOR THE EVALUATION OF MATERIAL USED IN PATIENT EDUCATION Laura H. Clayton
- D. READABILITY LEVELS OF PATIENT EDUCATION MATERIALS IN THIS MANUAL Laura H. Clayton

## Part VIII. Clinical Resources

- A. ENTERAL AND PARENTERAL PUMP COMPANIES CONTACT INFO
- **B. NUTRITION SUPPORT ORGANIZATIONS**
- **C. GENERAL NUTRITION ORGANIZATIONS**
- D. GASTROINTESTINAL DISORDERS ORGANIZATIONS
- **E. NUTRITION AND THE ELDERLY RESOURCES**
- **F. NUTRITION AND CANCER RESOURCES**
- **G. PHARMACY ORGANIZATIONS**