

CAN AN ENTERAL TUBE FEED CONTAINING FOOD-DERIVED INGREDIENTS IMPROVE BOTH THE PHYSICAL HEALTH AND MENTAL WELLBEING OF AN ADULT PATIENT?



PATIENT X

28-year-old-male, non-verbal with severe learning disabilities

- Diagnoses of congenital cerebral palsy, quadriplegia, and a traumatic subdural haematoma
- Follows a modified diet as per speech and language recommendations
- New onset of dysphagia within the last twelve months

PRESENTATION:

- Vomiting, severe constipation and a general deterioration in condition
- At high risk of malnutrition
- Sigmoid volvulus and numerous aspiration pneumonias
- Nil by mouth with a nasogastric tube followed by the placement of a PEG
- After discharge, Patient X was agitated, with poor compliance with personal care

NUTRITION:

- 2 kcal/ml polymeric enteral tube feed via their PEG
- Low in fibre content and had an osmolality of over 500mOsm/kg H₂O
- Patient X continued vomiting and had variable bowel patterns
- Patient X became increasingly agitated due to the increased need for personal care

After being readmitted for constipation and reoccurrence of sigmoid volvulus, an overhaul of Patient X's feed was required:

Initial trial:

Patient X was switched to a 1.5 kcal/mL polymeric enteral tube feed with an alternative whey: casein ratio and a higher fibre content

2 weeks after initial trial:

Small but non-significant weight gain and less frequent stools that continued to be offensive. Patient X continued to be agitated and distressed

Switch to Compleat® Nature Mix 1.5 Protein:

Decision to switch made based on clinical trial evidence of symptomatic improvements and patient tolerance, including improvements to stool type and consistency²



Switching to an enteral tube feed containing food-derived ingredients helped Patient X's physical health and management, and resulted in great psychological benefits

Outcome: 7-days after switch to Compleat® Nature Mix 1.5 Protein



Improved stool consistency

Little to no offensive odour, with a reduction in frequency and volume



Improved weight gain

Slow but sustainable weight gain, with fewer breaks in feeding



Improved mental health

Patient X was happier and no longer displaying signs of agitation or discomfort