

## 1. Introduction and Who Guideline applies to

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

These guidelines apply to **Paediatric patients, admitted to Paediatric wards across university hospitals Leicester.**

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

## 2. Guideline Standards and Procedures

Procedure / Process for commencing feeding post Gastrostomy placement in Paediatric Patients	
No	Action
1	Prior to admission, Waiting List Co-ordinator to inform Ward Dietitian when date booked for gastrostomy via email.
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. See appendix 1 for sample feeding regime. Please refer to ward Dietitian 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, Leicester Partnership NHS Trust will be made by the ward Dietitian.
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

- Enteral Tube Feeding should commence 4 hours post gastrostomy placement in all patients unless directed otherwise by the Consultant Paediatric Surgeon.
- Please consider previous enteral feed tolerance when commencing and advancing enteral tube feeding rate.

### If weight $\leq 15$ kg

- Calculate total feed volume per 24 hours based on patient's usual feeding regimen.
- Start continuous feeds at 2ml/kg/hr and increase by 2ml/kg every 4 hours until target feed volume achieved
- Once target feed volume reached, resume patient's usual feeding plan including volume and rate of feed

### If weight >15kg

- Calculate total feed volume per 24 hours based on patient's usual feeding regimen
- Start feeds at 1ml/kg/hr and increase by 1ml/kg every 3 hourly until target feed volume achieved
- Once target feed volume reached, resume patient's usual feeding plan including volume and rate of feed

See **Appendix 1**, example enteral tube feeding plans and **Appendix 2**, sample blank feeding regimen.

### 3. Education and Training

None

### 4. Monitoring Compliance

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

### 5. Supporting References

Jensen AR., Renaud E., Drucker NA., Staszak J., Senay A., Umesh V et al. Why wait: early enteral feeding after pediatric gastrostomy. J Ped Surg 2017; 0(0): 1-5

Werlin S., Glicklich M., Cohen R. Early feeding after Percutaneous Endoscopic Gastrostomy is safe in children. Gastrointest Endosc 1994; 40(6): 692-693.

Paul F., Perkins J., Jiang H., McCabe M. Impact of the early initiation of feedings on hospital length of stay in children post-PEG tube placement. Gastroenterol Nurs 2014; 37(5): 344-349.

Lam, C., Dick, K., Bethell, G., Stedman, F et al. (2020). Implementing an early feeding pathway post gastrostomy insertion reduces inpatient stay. Journal of Pediatric Surgery, 0(0)

### 6. Key Words

Enteral feeding, Gastrostomy, Paediatric, Early feeding

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## **Appendix 1: Example Enteral Tube Feeding Plans**

If child weighs 15kg

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

<b>Time</b>	<b>Rate per hour</b>		<b>Volume of feed delivered per 4 hours</b>
0-4 <sup>o</sup>	2ml/kg/hr =	30ml/hr	120ml
4-8 <sup>o</sup>	4ml/kg/hr=	60ml/hr	240ml
8-12 <sup>o</sup>	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

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

**Appendix 2: Paediatric Enteral Tube Feed Regimen – Post Gastrostomy Insertion**

NAME: ..... WEIGHT:.....

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

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

Usual/target feeding regimen: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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 Signature: .....

Bleep/Pager No.: ..... Date and Time: .....



**Commencing Enteral Feeding Post Gastrostomy Insertion in Paediatric Patients Guideline**

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