



TUBE FEEDING

and

ADVANCE CARE PLANNING

Quality Monitoring Program

TexasQualityMatters.org

Objectives

- ❖ Define advance care plan
- ❖ Describe the steps of advance care planning
- ❖ Identify risks, benefits, and alternatives to tube feeding
- ❖ Identify components of interdisciplinary care plans



Advance Care Plan

- ❖ A process of planning future medical care
- ❖ An exploration of goals and values
- ❖ A determination of a decision maker

http://www.dads.state.tx.us/services/agingtexaswell/legal/advance_care_planning.html

Steps to Advance Care Planning

- ❖ Discuss care options
- ❖ Document the person's informed choices
- ❖ Review and update
- ❖ Apply directives when need arises
- ❖ Obtain informed consent

Before Tube Feeding

- ❖ Optimize nutritional intake
- ❖ Evaluate the medication regimen
- ❖ Look for underlying causes of weight loss



Alternatives to Tube Feeding

- ❖ Carefully hand feeding
- ❖ Provide therapy, if needed
- ❖ Consider appetite enhancers

Intended Health Benefits of Tube Feeding

- ❖ To provide adequate nourishment when there is unintended, reversible weight loss
- ❖ To improve clinical status
- ❖ To enhance comfort and quality of life
- ❖ To prolong life

Limitations of Tube Feeding

- ❖ In end-stage disease, there is no persuasive evidence that tube feeding:
 - Prevents pressure sores
 - Prevents malnutrition
 - Prevents aspiration pneumonia
 - Prolongs life
- ❖ Feeding does not reverse the cachexia of end-stage illness

Disadvantages of Tube Feeding

- ❖ Causes physical discomfort
- ❖ Individual response to discomfort can lead to the use of restraints
- ❖ Does not provide the gratification of taste
- ❖ Can cause diarrhea, electrolyte imbalance, and hyperglycemia
- ❖ Adds risks of bacterial contamination

Indications for Tube Feeding

- ❖ Tube feeding is a medical intervention – not a normal function like eating
- ❖ All medical interventions require a rational basis for expecting benefit

AND

- ❖ The individual/responsible party must agree



Interdisciplinary Care Plan

- ❖ Identify the rational indication for tube feeding
- ❖ Develop measurable goals for tube feeding
- ❖ Establish interventions

Tube Feeding Care

❖ Reassessment

❖ Effectiveness of therapy

❖ Implement recommendations



Tube Feeding Summary

❖ Assessment

❖ Care Plan

❖ Care

Vision

The DADS Quality Monitoring Program *vision*
for tube feeding
in LTC is that ‘Tube feeding will only be
used when it benefits the individual.’