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.’”