



## Common HEN Terms:

**Bolus feed** – A set volume of formula given at the same rate as normal drinking

**Continuous feed** – A set volume of formula given over a number of hours

**Enteral nutrition** – Any form of nutrition which uses the stomach or small bowel

**Gastrostomy tube (or G-tube)** – A tube or a low profile device which is inserted through the skin into the stomach

**Gravity feed** – A set volume of formula given through a feeding set using gravity or syringe

**Hyper-granulation** – Overgrowth of tissue around the site of the G-tube or J-tube

**Jejunal tube (or J-tube)** – A tube inserted directly into the small bowel

**Nasogastric tube** – A tube inserted through the nose into the stomach

**Nasojejunal tube** – A tube inserted through the nose into the small bowel

**Nutrition support health professional** – The healthcare person who helps you manage your HEN e.g. dietitian, nurse etc.

**PEG (Percutaneous Endoscopic Gastrostomy)** – A procedure to insert a gastrostomy tube.

## Cards available for HEN in My Health Record

1. HEN Nutrition plan
2. Feeding plan
3. HEN Equipment
4. HEN Troubleshooting
5. Feeding tube troubleshooting
6. Feeding tube care and management
7. Organising ongoing supplies
8. Weight chart
9. Growth chart

If you have any suggestions on how to improve these please feel free to discuss it with your nutrition support health professional.

## Visit the ACI Nutrition Network website for more information

<http://www.aci.health.nsw.gov.au/networks/nutrition>



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# Home Enteral Nutrition (HEN)

## An Information Guide for Consumers



## Home Enteral Nutrition

Home Enteral Nutrition, sometimes called HEN, is a method of meeting a person's specific nutritional needs at home. The specialised nutritional formula provides all of the vitamins, minerals, proteins, carbohydrates fats and essential nutrients that people need to survive.

### HEN can help to:

- Improve nutrition;
- Optimise health;
- Grow and develop;
- Help with therapy to recover from illness;
- Maintain or increase weight.

If you need HEN, or if you care for someone who needs HEN, this brochure provides some information to help you.

You can get more information by speaking with your doctor or nutrition support health professional. A specialist doctor, nurse, dietitian or speech pathologist may be able to provide more specific information.

### Keeping organised

In order to allow you to keep a record of how to manage and organise your HEN we recommend using the NSW Health "My Health Record" folder – this can be given to you by your nutrition support health professional. The folder belongs to you and its use is voluntary.

## Why use the My Health Record?

- You can keep track of your appointments;
- You can track how you are feeling or managing with your HEN;
- Keep details of all health service contacts in one place;
- HEN cards have been designed to be used in the My Health Record folder;
- You can keep track of your weight on graphs or tables;
- You are able to keep a record of the formula and equipment you use and how to obtain it.

### You have the right to:

- Be treated with courtesy and respect;
- Be informed about methods of treatment, costs and services;
- Confidentiality of personal information;
- Be involved in decisions about your care;
- An explanation of treatment and any risks before giving consent.

### You are responsible for:

- Answering any questions about your health honestly;
- Complying with prescribed treatment;
- Looking after any equipment provided to you or the person you care for;
- Contacting your nutrition support health professional if you have questions, concerns or difficulties with your HEN care.



## EXTRA INFORMATION

### Constipation

- Increase the amount of water you have/give at each feed – spread it evenly over the total number of feeds
- Talk to your doctor about your constipation, they may recommend a mild laxative

### Diarrhoea

- Give the feed more slowly which will allow more time for the feed to be absorbed
- Make sure you wash your hands before and after handling the feeds and store the formula as recommended by your nutritional health professional
- Ask your doctor if there are any medications being given which might make the diarrhoea worse.

### Dehydration

Dehydration can happen if there is ongoing diarrhoea and/or vomiting, a fever lasting longer than 24 hours, not taking enough fluid or taking diuretic medication.

Seek medical advice if you have any signs of dehydration, such as dry or cracked lips/mouth, weight loss, fever, headache, decreased urine output.

### Stomach Discomfort

(Nausea, vomiting, bloating, belching or heartburn)

- Give the feed a little slower
- Sit up at greater than 30° angle while feeding and for 30 minutes after the feed
- If vomiting continues, stop the feed and seek medical advice.