HEN Terminology:

**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.

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**Checklist for Distribution of Information for Consumers**

Tick as each is completed:

- My Health Record distributed and explained.
- Appropriate cards inserted into folder.
- Consumers aware of what to do in an emergency.
- Given out the HEN Information guide for consumers.
- EnableNSW application as necessary.
- Electricity Rebate forms and supporting letter.
- Educational material.
- Equipment information.

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**Visit the ACI Nutrition Network website for more information**


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**AGENCY FOR CLINICAL INNOVATION**

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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.

This brochure will provide you with information to help you support people at home receiving enteral nutrition.

Consumers 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 their care;
• An explanation of treatment and any risks before giving consent.

They are responsible for:

• Answering any questions about their health honestly;
• Complying with prescribed treatment;
• Looking after any equipment provided;
• Contacting their nutrition support health professional if they have questions, concerns or difficulties with their HEN care.

Your responsibilities are:

• Providing support and information regarding HEN to consumers;
• Ensuring confidentiality of personal details;
• Referring consumer to the appropriate health professionals as required;
• Monitoring of HEN consumers occurs regularly – recommended at least every 6 months;
• Distribute and explain the My Health Record Folder;
• Provide support to complete the HEN information developed for the My Health Record Folder.

My Health Record

In order to allow consumers to keep a record of how to manage and organise their HEN, we recommend using the NSW Health “My Health Record” folder. The folder belongs to the consumer and its use is voluntary.

It is your responsibility to distribute the folder and the appropriate cards for use. The folders are available free of charge from NSW Health via the Better Health Centre. Extra cards for HEN are available from the ACI Nutrition Network Manager via email info@aci.health.nsw.gov.au

Why use the My Health Record folder?

• The consumer can keep track of appointments;
• The consumer can track how they are feeling or managing with HEN;
• Keep details of all health service contacts in one place;
• Provides an opportunity for the nutrition support professional to review, monitor and document information for consumers.