Introducing Outcome Measures for Home Enteral Feeding (HEF) Patients in Chichester
Background

• Extended role since 2000/2001
  • Repair & replacement of tube parts
  • Unblocking tubes
  • Removing and replacing tubes
  • Stoma care

• Other teams within department introduced outcome measures

• Struggled to find a suitable approach to measure tube and stoma related outcomes in addition to traditional nutrition parameters
Aims and Objectives

• Aim
  • To investigate a method of demonstrating the effectiveness of the extended role of the HEF team

• Objectives
  • Design data capture form
  • Identify specific goals
  • Score goals at each review
  • Re-evaluate and modify data capture form based on results
  • Incorporate final form into routine practice
  • Monitor and report results annually
Method

- Data capture form designed based on existing outcome tool from University Hospitals Bristol NHS Trust
- Data capture form placed in front of all new HEF patients notes (January – September 2015)
- Nine month trial period chosen to maximise the number of patients with at least two official 3 monthly reviews
- Specific goals were selected at the first visit and reviewed and scored as many times as appropriate
- Average scores calculated which gave an improvement percentage
## HEF Outcome Measures – Trial

**Patient Name:**  | **D.o.B.:**  | **Hospital Number:**  | **NHS Number:**
--- | --- | --- | ---
**Diagnosis/Reason for HEF:**
**Type of HEF**  | NGT  | NJT  | PEG  | Replacement G-Tube  | Button  | JEJ  | PEG-J  | Other ________
**Date initial tube inserted:**  | **Date current tube inserted:**  | **Current feed:**

| Scores: | -1 (worse) | 0 (same) | 1 (partly met) | 2 (fully met) |

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<tr>
<th>Date of Goal Set</th>
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# Data Capture Form

## HEF Outcome Measures – Trial

**Patient Name:** A Patient  
**D.o.B:** 01/02/34  
**Hospital Number:** 123456  
**NHS Number:** 012 345 6789

**Diagnosis/Reason for HEF:** CVA

**Type of HEF:**
- NGT
- NJT
- PEG
- Replacement G-Tube
- Button
- JEJ
- PEG-J
- Other ________

**Date Initial tube inserted:** 01/01/15  
**Date current tube inserted:**

**Scores:**
- -1 (worse)
- 0 (same)
- 1 (partly met)
- 2 (fully met)

**Current feed:** 
- Nutrisom
- Energy
- Multilactose

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<th>Date Goal Set</th>
<th>Date of Contact</th>
<th>28.3.15</th>
<th>1.4.15</th>
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*Western Sussex Hospitals NHS Foundation Trust*
## Results

### Overall Scores for each Goal

<table>
<thead>
<tr>
<th>Score</th>
<th>Improve Quality of Life</th>
<th>Maintain Nutritional Status</th>
<th>Increase Weight</th>
<th>Decrease Weight</th>
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**Number of times goal set:**
- 6
- 19
- 6
- 0
- 8
- 23
- 6
- 46
- 5

**Average Score:**
- 1.00
- 1.68
- 1.00
- 0.00
- 1.63
- 1.83
- 1.17
- 1.76
- 0.60

**% Improved:**
- 83%
- 95%
- 67%
- 0%
- 88%
- 96%
- 83%
- 91%
- 40%
Discussion

• 23 out of a possible 30 new patients included

• Fully met and partially met goals could be assessed in addition to deterioration

• Modified form after trial including addition of comments box

• Devised full definition list of how to score on back of form

• Demonstrated clinical effectiveness in extended role with maintaining tube functionality achieved 91% of time
**Data Capture Form 2**

**HEF Outcome Measures – Trial**

<table>
<thead>
<tr>
<th>Patient Name:</th>
<th>D.o.B:</th>
<th>Hospital Number:</th>
<th>NHS Number:</th>
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</table>

**Diagnosis/Reason for HEF:**

**Type of HEF:** NGT  NJT  PEG  Replacement G-Tube  Button  JEJ  PEG-J  Other _________

**Date initial tube inserted:**  **Date current tube inserted:**  **Current feed:**

<table>
<thead>
<tr>
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<th>Date of Contact</th>
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### Definitions for scoring

#### Definition of Goal Scores

**Improvement in Quality of Life:**
- 2: On asking, the patient felt their QOL had been improved “significantly”
- 1: On asking, the patient felt their QOL had been improved “a little”
- 0: On asking, the patient felt their QOL had “remained the same”
- -1: On asking, the patient felt their QOL had “deteriorated”

**Maintain Nutritional Status:**
- 2: Patient’s nutritional status remained the same (e.g. intake, anthropometrics, bloods)
- 1: Patient’s nutritional status declined slightly due to explained short term issue, but expected to return to status quo quickly
- 0:
- -1: Patient’s nutritional status declined (e.g. intake, anthropometrics, bloods) and likely that new goals need to be set

**Increase Weight:**
- 2: Patient’s weight increased by stated amount
- 1: Patient’s weight increased but not as much as stated amount
- 0: Patient’s weight remained the same
- -1: Patient’s weight decreased

**Decrease Weight:**
- 2: Patient’s weight decreased by stated amount
- 1: Patient’s weight decreased but not as much as stated amount
- 0: Patient’s weight remained the same
- -1: Patient’s weight increased

**Improve Feed Tolerance:**
- 2: Patient’s symptom of intolerance e.g. diarrhoea completely resolved
- 1: Patient’s symptom of intolerance e.g. diarrhoea improved i.e. less volume, less frequent
- 0: Patient’s symptom of intolerance remained the same
- -1: Patient’s symptom of intolerance became worse
## Definitions for scoring

### Preserve Stoma Site:
- **2:** Patient’s stoma site in textbook condition
- **1:** Patient’s stoma site in acceptable condition
- **0:**
- **-1:** Patient’s stoma site became more problematic

### Preserve Tube Functionality:
- **2:** Patient’s tube in full working order without outside assistance
- **1:** Patient needed outside agency help to restore tube to full working order, but no hospital admission
- **0:**
- **-1:** Patient required hospital admission

### Improve Symptom Control:
- **2:** Patient’s symptoms fully resolved
- **1:** Patient’s symptoms partly resolved
- **0:** Patient’s symptoms remain the same
- **-1:** Patient’s symptoms worsened

### Other:

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### No Outcome Score:
- **RIP:** Patient passed away
- **Tx:** Patient care transferred
The Future

- Data capture form to be finalised
- Scoring definitions to be further reviewed
- Rolled out for use by all HEF dietitians across the Trust
- Report results annually
Thank you for listening

Any questions?