

53-YEAR-OLD MALE: ORAL DIET TO A COMPACT BOTTLES* FOR BOLUS FEEDING

BOLUS FEEDING CASE STUDY 1

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BACKGROUND

Omar is a **53-year-old gentleman with a severe traumatic brain injury**. Functionally he has a right **spastic hemiplegia, left sided ballistic tremor, trunk dystonia, severe motor speech impairment, and cognitive impairment**. Over the last 10 years, Omar's swallowing has deteriorated, he is currently on Level 4 (puree) diet and Level 2 (mildly thick) fluid. He does have some "exception foods" and occasional thin fluid with strict precautions for quality of life and social inclusion. Omar requires full assistance for eating, drinking, and oral care. As part of his declining swallow function, he was taking an hour to consume a small meal. A **percutaneous endoscopy feeding (PEG)** tube was inserted in February 2023 to allow more time in his day to do the things he loves. Omar's weight has been stable for the past 6 months between 60-62kg and he has a healthy BMI of 19.3kg/m².

ASSESSMENT

Nutritional requirements were estimated as 8.08MJ/d energy, 62-74g protein and 1.9-2.2L fluid.

Omar's Tube Feeding Regimen:

Feed choice: Fortisip Compact Fibre

Fluids: 50ml of water before and after each bolus, plus approximately 900ml of fluid orally per day

Provides: 7.5MJ, 75g protein, 27g fibre, and 1.15L of fluid

Time	Feed volume
08:00	1 x 125ml bottle
12:30	1 x 125ml bottle
17:30	2 x 125ml bottle
20:00	2 x 125ml bottle

RATIONALE OF BOLUS FEEDING AND USE OF FORTISIP COMPACT FIBRE

Bolus feeding has been chosen to allow Omar the opportunity to go out with his family and friends between meals, to optimise his bowel function and mimic the usual physiological benefits of eating regular meals.

The lower volume of 125ml allows for a faster bolus delivery time which is important to Omar, and the small bottle is convenient and portable for Omar to take with him at weekends to family events. The lower volume also allows Omar to have his between meal "chocolate cake" and sips of alcohol for quality of life purposes. A fibre-containing supplement was chosen to promote ongoing bowel health.

REVIEW

After a month of commencing Fortisip Compact Fibre, Omar's weight increased to 63.2kg (+1.4kg). Omar showed no signs of intolerance to the formula, his bowels continued to be regular, he had no abdominal discomfort, nausea or vomiting. Omar had no hospital admissions during this time and was described as being the "happiest he has ever been". The lower volumes at the 08:00 and 12:30 feeds are working as planned to allow Omar to have 'mid-meal' snacks. The bottle is proving to be compact and portable which is handy when Omar is out and about.

CONCLUSION

Omar achieved his desired bowel health, nutrition, and overall quality of life with the help of Fortisip Compact Fibre, which offers a high fibre content, smaller volume size, and convenient portability for his feeding tube.

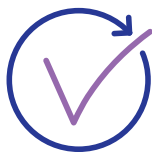


Fortisip Compact Fibre is a Food for Special Medical Purposes for the dietary management of disease related malnutrition and must be used under medical supervision.

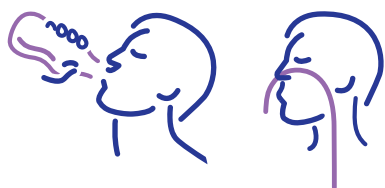
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FORTISIP COMPACT FIBRE

PRODUCT INFORMATION



Suitable as a sole source of nutrition



Can be used orally or for tube feeding



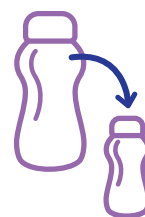
4.5g of fibre/bottle: fibre enriched to support regular bowel function.^{3,4}



High compliance: significantly higher compliance (91%) when compared to standard 1-2 kcal/ml oral nutritional supplement (77%).²



300kcal/bottle (2.4kcal/ml): energy dense to increase energy intake and improve body weight.¹



Compact bottle: significantly greater intakes of energy and protein with a 125ml bottle when compared with a 200ml oral nutritional supplement.²



References:

1. Smith et al. Nutrients. 2020;12: 1-15
2. Hubbard et al. Proc Nutr Soc 2010; 69: E164
3. Elia et al. Aliment Pharmacol Ther 2001; 27: 120-145
4. Green et al. Clin Nutr 2001; 20: S1 23-29

The patient's name in this case study has been changed to a fictitious name to protect their identity.

*Abbreviations: Oral Nutritional Supplement

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