

36-YEAR-OLD MALE: TRANSITION TO A COMPACT ONS* FOR BOLUS FEEDING

BOLUS FEEDING CASE STUDY 2

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BACKGROUND

Liam is a **36-year-old male with a severe traumatic brain injury**. He was admitted to hospital, had poor neurological recovery and was discharged with **paraplegia and a percutaneous endoscopic gastrostomy (PEG)** placed. Liam has hyponatraemia which is being closely monitored by his primary care doctor. Liam requires full assistance with eating, drinking and oral care and manages puree and mildly thick fluids in small amounts. In the past 7 months Liam has gained 13.4kg, his current weight is 101kg and he has a BMI of 30.8kg/m².

ASSESSMENT

In discussion with Liam's doctor and brother, it was decided to aim for permissive underfeeding calories with adequate protein provision to prevent further weight gain. Liam was initially on a 1L formula with a bolus feeding regimen. However, this led to a risk of contamination due to delays in refrigeration and reheating of feed to bring to room temperature.

Nutritional requirements were estimated to be 5.6MJ/d energy, 85-94g protein and 1.8L fluid.

Liam's Tube Feeding Regimen:

Feed choice: Fortisip Compact Fibre

Time	Feed volume
10:30	1 x 125ml bottle
14:30	1 x 125ml bottle
18:30	1 x 125ml bottle
22:30	1 x 125ml bottle

Fluids: 150ml of water before and after each bolus, 30ml of water pre-medications and 60ml water post at 08:00 and 19:00

Additional protein: 1 scoop of protein powder before and after the first three boluses mixed into the water flush (total 6 scoops)

RATIONALE OF BOLUS FEEDING AND USE OF FORTISIP COMPACT FIBRE

Bolus feeding was selected to replicate the metabolic benefits of eating regularly, and it enables Liam to gradually explore oral intake in safe quantities, optimising muscle mass maintenance and growth, as well as supporting bowel health and motility.

The smaller 125ml volume of the supplement aids in faster bolus delivery, which is crucial for Liam as he engages in speech therapy and physical therapy throughout the day. A fibre-containing supplement was chosen to promote ongoing bowel health.

The single-bottle packaging of Fortisip Compact Fibre eliminates the need for Liam's caregivers to label and store the formula between feeds, reducing the risk of contamination.

REVIEW

After one month of using Fortisip Compact Fibre, Liam tolerated the supplement as a bolus feed with no concerns. His bowels continued to function regularly, he had no abdominal discomfort, nausea, vomiting or signs of intolerance. Liam was found to be more alert and responsive. The compact bottles reduced contamination risk and the need to heat feed to room temperature from refrigeration.

SUMMARY

Liam achieved his prescribed energy, protein and fluid needs with a reduced risk of formula contamination. Fortisip Compact Fibre provides a high fibre content, smaller volume size, and convenient portability for Liam.

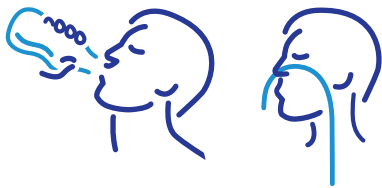


FORTISIP COMPACT FIBRE

PRODUCT INFORMATION



Suitable as a sole source of nutrition



Can be used orally or for tube feeding



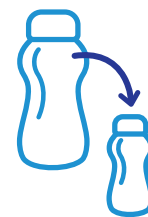
4.5g of fibre/bottle:
fibre enriched to support regular bowel function.^{3,4}



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

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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