

# Exclusive enteral nutrition: Scoping a service and then developing a patient pathway in an adult acute gastroenterology service.

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## Background

- Exclusive enteral nutrition (EEN) diet is a recommended treatment option for active Crohn's disease.
- EEN involves liquid diet given as oral nutritional supplements (ONS) or enteral feed for 6-8 weeks<sup>1</sup>.
- Patients with Crohn's disease are nutritionally vulnerable<sup>2</sup>. They require dietetic support to optimally follow the diet and ensure nutritional requirements are met.
- Increased dietetic service workload pressures and stretched resources to support EEN for Crohn's disease prompted a review of the service.
- Awareness that community patients inappropriately remained on EEN longer term.

## Aims

- Scope the acute dietetic gastroenterology adult service and assess referral patterns.
- Benchmark against IBD Standards<sup>3</sup>.
- Obtain patient feedback on the current service.
- Ensure consistent evidence based practice across the service.

## Methods

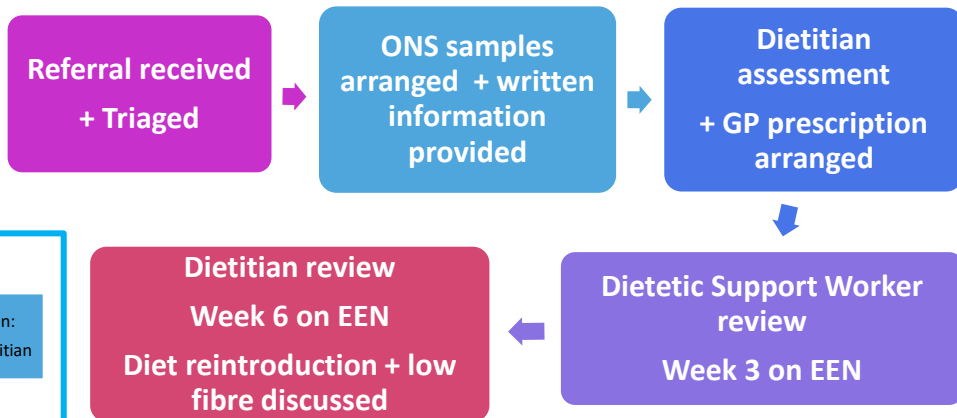
- Review of referrals to acute dietetic gastroenterology adult service for inpatients (IP) and outpatients (OP), in particular EEN, 2018 vs 2021.
- Patient experience questionnaire (n=20)
- Liaised with wider gastroenterology team to consider pressures and gaps within the service.

## Referral Criteria/

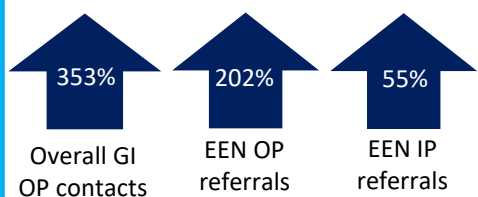
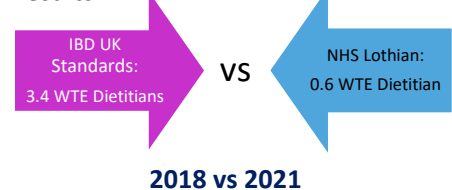
### Information required:

- Active Crohn's
- Ability to follow diet
- Is an alternative diet more suitable e.g. liquid diet?
- Specify length of time

## Revised EEN Pathway



## Results



### Patient feedback (n=20)



## Outcome

A management pathway was developed which included:

- ✓ Clear referral criteria.
- ✓ Timely initiation of treatment and clear endpoint.
- ✓ Updated written patient information.
- ✓ Information video of EEN.
- ✓ ONS samples provided prior to dietetic appointment.
- ✓ Clear communication with GP regarding prescriptions for EEN.
- ✓ Dietetic support worker utilised to support mid treatment review.
- ✓ Dietetic follow-up.

## Further work

- Support implementation of the pathway.
- Evaluate outcomes, including feedback.
- Adapt the pathway as required.

### References:

1. Lamb CA, Kennedy NA, Raine T et al. British Society of Gastroenterology consensus guidelines on the management of inflammatory bowel disease in adults. Gut 2019; 68:s1-s106.
2. Forbes A et al. ESPEN guideline: Clinical nutrition in inflammatory bowel disease. Clinical Nutrition 2017; 36(2):321-347
3. Crohn's and Colitis UK. IBD Standards [Online] Available at <https://ibd-uk.org/ibd-standards> [Accessed October 2022]