

CASE STUDY

A 68-YEAR-OLD MALE WITH A PARTIAL GASTRECTOMY, PANCREATITIS AND CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Provided by: Lisa Green

Clinical Lead Dietitian, Community Home Enteral Nutrition Team

Calderdale & Huddersfield NHS Foundation Trust, Huddersfield

BACKGROUND

A 68-year-old male recruited from the community. Patient established at home on enteral tube feeding via balloon gastrostomy tube for many years. A longstanding history of malnutrition and lack of motivation to improve his nutritional status. Enteral feeding options had been limited due to the patient not taking more than 500ml volume of any enteral tube feeds.

Recent swallow assessment advised that he was at risk of aspirating on oral diet and fluids and therefore an increase in enteral feed was indicated. The patient was still eating chocolate mousse to enable him to swallow prescribed pancreatic enzymes.

RATIONALE AND USE OF NUTRISON PEPTISORB PLUS HEHP

To increase nutrition through enteral feeding due to change in ability to swallow and to do this without the need for pancreatic enzyme replacement therapy. The dietetic goals for the patient while taking Nutrison Peptisorb Plus HEHP were to:

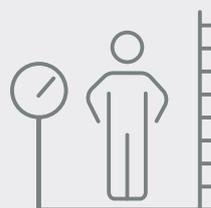
1. Increase weight
2. Improve nutritional status
3. Assess if Nutrison Peptisorb Plus HEHP was tolerated without the need for pancreatic enzymes

RESULTS

After 28 days of consuming **Nutrison Peptisorb Plus HEHP**, the patient met his dietetic goals. This patient was motivated to participate in the trial to take **Nutrison Peptisorb Plus HEHP**. Results from his report form/diary showed daily compliance with **Nutrison Peptisorb Plus HEHP** and he did not need to take pancreatic enzymes. This concludes that he was able to digest the enteral feed due to its composition. Additionally, he gained significant weight during the trial period.

Baseline

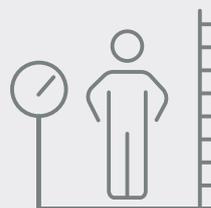
Body weight
47.7kg



BMI
15.7kg/m²

Endpoint

Body weight
50kg



BMI
16.5kg/m²

Finally, his nutritional intake vastly improved as he had more energy.

SUMMARY

The results for this patient were fantastic. What stood out more than anything else was his newfound motivation and responsibility to improve his nutritional intake. He was at a particularly low point having been told to remain nil by mouth and was worried about controlling his symptoms such as pain if unable to swallow pancreatic enzymes. The patient actually took more volume than was initially suggested as he felt in control, more energetic and motivated. He was even able to wean off some of his pain relief which he had been dependent on for more than 20 years.



HEAVY ON PROTEIN LIGHT ON THE GUT

Nutrison Peptisorb Plus HEHP is a new peptide-based option for tube-fed patients with GI intolerance symptoms. The high energy, high protein formulation has been shown to improve patients' tolerance, increase their compliance and may even help to lighten their mood.¹

1. Green, B, Sorensen, K, Phillips, M. et al. *Nutrients* 2020; 12: 3538.
<https://www.mdpi.com/2072-6643/12/11/3538>

Accurate at time of publication, April 2021.

Please visit www.nutricia.ie for more information.

Nutrison Peptisorb Plus HEHP is a Food for Special Medical Purposes for the dietary management of disease related malnutrition in patients with malabsorption and/or maldigestion and must be used under medical supervision.