

APPENDIX 3

Out of hours NG/Gastrostomy Feeding Regime for Patients at HIGH or VERY HIGH RISK of Re-feeding Syndrome

Patient Name:	Hospital Number:
Ward:	Date:
Signature of initial assessor inc. grade:	

Follow the appropriate care plan for tube feeding management.

Refer to the table to find the correct feeding rate. Insert into regime below. Do not exceed this rate, even if patient weight >80kg. Round weight **down**.

Feed

Nutrison Standard at Rest _____ **for 20hrs**
for 4hrs

Flush tube before and after feed with 30ml freshly drawn tap water

Continue as above until reviewed by a Dietitian

Go back to flowchart and ensure electrolyte management and vitamin supplementation are carried out as steps O2 and O3

Feeding rates for patients at HIGH RISK of Re-Feeding Syndrome

Wt.(kg)	Vol.of feed (ml)	Rate (ml/hr)	Very high risk (ml/hr)
30	300	15	7
35	350	18	9
40	400	20	10
45	450	23	11
50	500	25	12
55	550	28	14
60	600	30	15
65	650	33	16
70	700	35	17
75	750	38	19
80	800	40	20
In extreme cases (BMI <14, negligible nutritional intake for >15 days, or low electrolyte levels), the feeding rate should be, i.e. 5Kcals/kg.			

Fluid requirements should be assessed on an individual basis by clinicians. As a guide, requirements are approximately:

- 35mls/kg for patients < 60 years of age
- 30mls/kg for patients > 60 years of age

This assumes there are no additional losses or requirements.

When assessing requirements, fluid given via enteral feeding and IV fluids must be taken into consideration, to prevent fluid overload.