

Enteral
Nutrition Training
for **NURSES**

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CONTENTS

<i>List of Figures</i>	<i>ix</i>
<i>List of Tables</i>	<i>xi</i>
<i>Preface</i>	<i>xiii</i>
<i>Acknowledgement</i>	<i>xv</i>
<i>Abbreviations</i>	<i>xvii</i>

INTRODUCTION	1
--------------	---

Chapter 1	3
------------------	----------

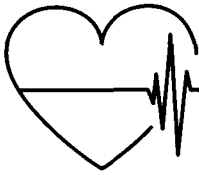
INTRODUCTION TO ENTERAL NUTRITION	
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Introduction	3
Learning Outcomes	3
Content	3
• 1.1 Importance of Nutrition Therapy	4
• 1.2 Nutrition Care Pathway	5
• 1.3 Overview of Enteral Nutrition	6
• 1.4 Indications and Contraindications for Enteral Nutrition	7
• 1.5 Enteral Nutrition Access Routes	8
Summary of Chapter 1	9

Chapter 2	11
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PROVISION OF ENTERAL NUTRITION	
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Introduction	11
Learning Outcomes	11
Content	11
• 2.1 Types of Enteral Formula	12
• 2.2 Methods of Enteral Feeding Administration	17
• 2.3 Monitoring EN	19
• 2.4 Managing Complications and Intolerance	21
Summary of Chapter 2	26



PREFACE

Enteral nutrition (EN) plays a vital role in supporting patient recovery, particularly in those who cannot meet their nutritional needs orally. As the healthcare professionals most closely involved in daily patient care, nurses are essential to the safe and effective delivery of EN. Their skill, vigilance, and understanding can make the difference between optimal patient outcomes and preventable complications.

This module was developed to bridge the gap between theory and practice, providing nurses with a practical, evidence-based resource that is both comprehensive and easy to follow. It combines fundamental concepts with real-life clinical applications, ensuring that nurses are equipped not only with knowledge, but also with the confidence to implement EN safely in various care settings.

The *Enteral Nutrition Training for Nurses* is the product of collaborative experience, clinical observations, and a deep commitment to improving patient nutrition care. We hope it will serve as a valuable guide for new nurses embarking on their careers, as well as a trusted reference for experienced practitioners seeking to refresh their knowledge.

We wish that this module contributes to enhancing the quality of nutrition support services, strengthening multidisciplinary collaboration, and ultimately improving patient outcomes in our healthcare facilities.



Adequate nutritional support is an important component of patient care and plays a critical role in promoting recovery among hospitalised individuals. Maintaining optimal nutritional status in hospitalised patients has been shown to enhance the quality of patient care, improve clinical outcomes, and lower healthcare costs. Nutrition intervention, particularly through the delivery of appropriate food and/or nutrients, is a key strategy to support patient recovery. This intervention should be individualised, taking into account the patient's clinical condition and nutritional requirements, and may involve the use of energy- and nutrient-dense meals, oral nutritional supplements (ONS), enteral nutrition (EN), and/or parenteral nutrition (PN).

Enteral nutrition support is a complex, multistep, and continuous process, starting with nutrition assessment, energy and nutrient prescription, order review, enteral product selection, enteral formula preparation and labelling, administration, and monitoring and reassessment. An effective enteral nutrition intervention involves a multidisciplinary team, including clinicians, nurses, dietitians, and pharmacists. Within the inpatient hospital setting, nurses play a vital role in enteral nutrition support, contributing to all aspects from initiating feedings to monitoring and evaluating patient outcomes.

Recognising the important role nurses play in providing enteral nutrition, this book aims to support nurse practitioners in understanding the basic principles of enteral feeding. It also covers the proper handling of feeding equipment and the administration of enteral feeding regimens, in accordance with evidence-based practices and clinical guidelines.

OBJECTIVES OF THE BOOK

1. To understand the principles and implementation of enteral nutrition practice.
2. To apply evidence-based enteral nutrition practice recommendations.

The Enteral Nutrition Training for Nurses Module Booklet is a comprehensive guide designed to equip nursing professionals with the essential knowledge, practical skills, and confidence to deliver safe and effective enteral nutrition (EN) care. Covering fundamental principles, indications, tube types, formula selection, administration techniques, and monitoring, this module integrates evidence-based practices with key aspects of EN. It also addresses troubleshooting common complications and maintaining patient safety. Developed to support competency-based learning, the module serves as both a training resource for new nurses and a reference tool for experienced practitioners, ensuring optimal patient outcomes in enteral feeding.

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Nor Syahiza Abd Kadir is a clinical dietitian at the Sultan Ahmad Shah Medical Centre @ IIUM. She holds a Master of Health Sciences (Dietetics) from Universiti Teknologi MARA. With years of experience in clinical nutrition, she has been actively involved in developing nutrition protocols, conducting staff training, and promoting best practices in clinical nutrition.

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