

Nutrition Support guidance for patients on non-invasive ventilation (NIV) or facemask

Patients on NIV or CPAP often fail to meet nutritional requirements orally^{1,2}. Poor nutrition is associated with a longer length of hospital stay³ and increased mortality in COPD patients undergoing NIV⁴.

REFER TO DIETETICS DEPARTMENT

Ext. 54777

- Offer Extra Nourishing Menu on ward unless patient is on a 'special' diet (write on ward daily diet sheet). *NB– if on General HDU/ITU use critical care menu*
- Prescribe FORTISIP COMPACT PROTEIN 125ml twice daily (write on drug kardex)
- If the patient does not like fortisip compact protein then try:
COMPLAN*/FORTIJUCE/ FORTISIP YOGHURT STYLE 200ml twice daily**
(NB *AVOID with renal patients with high K, **Caution in patients with diabetes)

- **DO NOT** prescribe the above for patients with swallowing difficulties- Dietetics or Speech and Language to advise alternative

Commence:

- Accurate food record chart
- Offer assistance with meals if required
- Encourage and prompt all oral intake
- Offer additional snacks and milk between meals
- Admission weight and weekly thereafter

Food and oral nutritional supplements should be used initially but where intake is less than 50% of meals for more than 48 hours, placement of fine-bore Nasogastric feeding tube (8/10Fr) should be considered.

- Liaise with dietitian, medical team and discuss with critical care outreach
- Emergency feeding regimen available on the trust intranet (wards) or refer to nutrition management file in ITU/General HDU

References

1. Singer and Rattanachaiwong To eat or to breathe? The answer is both! Nutritional management during non invasive ventilation. *Critical care* (2018) 22:27DOI10.1186/s13054-018-1947-7
2. Reeves et al 2014. Energy and protein intakes of hospitalised patients with acute respiratory failure receiving NIV. *Clin Nutr.* 2014 Dec; 33(6):1068-73. Doi:10.1016/j.clnu.2013.11.012
3. NICE Clinical guideline 32 Nutrition support in adults 2006, 2017
4. Budweiser S, Jorres RA, Riedl T, et al. Predictors of survival in CIPD patients with chronic hypercapnic respiratory failure receiving non-invasive home ventilation. *Chest.* 2007b;131:1650-8