



Medical Supplies for Care at Home Since 1957

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Shield HealthCare Salutes Nurses

WOC Nurse Week, April 13-19

National Nurses Week, May 6-12

National Nursing Home Week, May 11-17



Feature Article

Nutrition for Wound Healing

Optimal nutrition status is paramount to wound prevention and helps to facilitate wound healing. Your patients are at increased risk for pressure ulcers if they are malnourished or underweight. And wounds don't heal properly without adequate nutrition.

continued on page 2...



Show Us Your Healthy Lunch: Contest Results

The staff at Healthcare Plus Home Health in Palatine, IL submitted the most healthy lunch photos from one location, vying for a spot as the home health with the healthiest lunches!

Congratulations to all 100 winners! Thank you for celebrating National Nutrition Month® with us in March and enjoy your Shield HealthCare custom lunch coolers!



Nutrition for Wound Healing continued...

The following guide is adapted from the American Society for Parenteral and Enteral Nutrition. Consult with a registered dietitian for recommendations tailored to individual patients.

Stage	Calories ¹	Protein ¹	Fluid ²	RDA/DRI	Vitamin C ³	Zinc ⁴
Stage I	>25 Kcal/kg	1-1.2 gm/kg	>30 mL/kg	Multivitamin/mineral supplement if intake does not meet 100% Recommended Dietary Allowance/ Dietary Reference Intake	100-200 mg/day	If deficiency suspected: 50 mg elemental zinc twice daily x 14 days
Stage II	28-30 Kcal/kg	1.25-1.4 gm/kg	>30 mL/kg	Same as above	Same as above	Same as above
Stage III-IV small, non-draining	30 Kcal/kg	1.5 gm/kg	>30-40 mL/kg	Same as above	< 2,000 mg/day in divided doses x 14 days if stressed or deficient	Same as above
Stage III-IV large, multiple, draining	33-35 Kcal/kg	1.5-2 gm/kg	>30-40 mL/kg	Same as above	Same as above	Same as above
Maximum	40 Kcal/kg	2.2 gm/kg	Adequate to maintain hydration	Multivitamin/mineral supplement twice daily	2,000 mg/day	Same as above

¹Calorie, protein and fluid needs depend on multiple factors, including age, weight, gender, comorbidities, wound stage and nutrition status.

²Fluid needs may be increased with the use of air-fluidized beds and negative pressure wound therapy.

³High doses of vitamin C may cause gastrointestinal upset

⁴Chronic high-dose zinc supplementation impairs the absorption of other nutrients and may adversely affect wound healing and immune function.

Featured Products:

Nutrition to Boost Calorie and Protein Intake

Formula	Calories/8 fl oz.	Protein/8 fl oz.
Promote	237	14.8 gm
Boost Plus	360	14 gm
Ensure Plus	350	13 gm

The Shield HealthCare Enteral Nutrition Support Program A d v a n t a g e

- Pump setup within 4 hours of discharge in most cases
- Expert RDs in all areas we serve
- Direct dietitian-physician communication
- Wellness checks and quarterly nutrition screenings
- Clinical and nutrition in-services for your staff
- Fewer hospital visits for your patients



My tube-fed patient complains of internal pain where his G-tube is located. What could be causing this?

If you've already ruled out abdominal bloating or constipation, pain may indicate the presence of infection or pressure necrosis on the inside of the body. Buried bumper syndrome occurs when the internal bumper becomes lodged into the gastric or abdominal wall, usually because of excessive tension between the internal and external bolsters. This phenomenon can happen when a patient gains weight, increasing his abdominal girth, and should be ruled out or confirmed by a gastroenterologist.

Healthy at Home

Tips for Keeping Your Tube-Fed Patients in the Home

Adequate Tube Feeding Training

Healthy at home starts with adequate tube feeding training! Make sure your patient is able to return demonstration of the following:

- Timing, method of administration and feeding schedule
- Care of the feeding tube
- Clean technique and proper equipment storage/disposal
- Potential complications and how to prevent or treat them (The Oley Foundation provides a comprehensive tool: HEN Complication Chart at <http://www.oley.org/charts/newHEN.pdf>)
- Who to contact in case of complications or emergencies i.e., accidental tube dislodgement
- When and how to order formula and supplies

Call your local Shield HealthCare RD to help keep your patients in the know (and in the home)!

SEASONAL TIP:

Oral Allergy Syndrome

If springtime pollen leaves you feeling itchy and scratchy, chances are you'll get the same reaction from certain raw fruits and vegetables. You may experience oral allergy syndrome, or pollen-food syndrome, if you are prone to hay fever. The phenomenon can show up even after you've been eating the fruit or vegetable for years.

Cooking the food may prevent the reaction. Here are some of the common pollen-food associations:

- Birch: apple, carrot, peach, plum, cherry, pear, almond, hazelnut
- Grasses: tomato
- Ragweed: melons, zucchini, cucumber, kiwi, banana



Food Allergy Awareness Week is May 11-17!

PEDIATRIC CORNER

Considerations with Blenderized Formula

Homemade blended formula can be rewarding for both parents and children. However, this practice requires much more planning and supervision than commercial formulas and may not be compatible with all feeding methods. Commercially-prepared products are formulated to provide complete nutrition in the right consistency for tube feeding administration. Considerations with blenderized feeding include:

Insurance coverage: Food used to prepare blenderized formula is generally not covered by insurance.

Small diameter feeding tube: Less than 10Fr may be too small for blenderized formulas. Diluting the formula to make it thinner may displace important nutrients.

Jejunostomy (J-tube): The tip of this small-diameter tube is in the small intestine, increasing the possibility of intolerance and the need for medical supervision.

Continuous feedings: Blenderized formula should not be kept at room temperature for more than two hours. Unlike commercially-prepared liquid formulas, homemade formula is not sterile.

Feeding pump compatibility: Moog, manufacturer of the Infinity® Feeding Pump, recently made an addendum to the operator's manual: Infusion of blenderized formula through the pump may block the air sensors, potentially causing air to enter the patient's stomach.



Test Your Knowledge

What stage are these wounds (I-IV or unstageable)?

1. Full thickness tissue loss, subcutaneous fat may be visible but bone and muscle are not exposed
2. Serum-filled blister on heel
3. Coccyx wound with 90% yellow slough and bone visible in the wound bed
4. Sacral wound bed is 100% covered with black eschar
5. Wound is red, non-blanchable, skin is intact

*Answers on page 4

What's New at Shield?



Shield HealthCare now carries individual electric **breast pumps!**

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of life and complementary breastfeeding until at least 12 months. Breastfeeding provides protection against respiratory illness, ear infections, gastrointestinal disease and allergies. In addition, breastfed infants have a reduced risk – by up to 30 percent – of adolescent and adult obesity compared to non-breastfed infants.



The Affordable Care Act requires many health plans to cover breastfeeding support and supplies. Under Medicaid, Medi-Cal and Managed Care, breast pumps may be covered for mothers who are returning to work or school. Contact your Shield HealthCare representative today to find out if your patient qualifies!

Test Your Knowledge Answers

What stage are these wounds (I-IV or unstageable)?

1. Stage III: Full thickness tissue loss, subcutaneous fat may be visible but bone and muscle are not exposed
2. Stage II: Serum-filled blister on heel
3. Stage IV: Coccyx wound with 90% yellow slough and bone visible in the wound bed
4. Unstageable: Sacral wound bed is 100% covered with black eschar
5. Stage I: Wound is red, non-blanchable, skin is intact

Meet Your Local RDs...



Trina Boland
 MS, RD, LD



Amy Long Carrera
 MS, RD, CNSC, CWCMS



Rachel Davis
 MS, RD, CSP, LD, CWCMS



Mary Kuehl
 MS, RD, CNSC, CWCMS



Lisa Zaccaro
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Lisa Osowski
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Got a Nutrition Question?

Email our
 Corporate Registered Dietitian at
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References:

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- American Academy of Pediatrics <http://www.aap.org/>
- Food Allergy Research and Education <http://www.foodallergy.org/>
- A.S.P.E.N. Dietetics Practice Section Newsletter; Fall 2013
- A.S.P.E.N. Standards for Specialized Nutrition Support: Home Care Patients

Call us today, we're here to help!

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