



Medical Supplies for Care at Home Since 1957

Winter 2014

## In This Issue...

- Page 2**    **Healthy At Home:**  
Safe Administration  
of Medication
- Test Your Knowledge**
- Seasonal Tip**  
Fight the Flu with 5
- What's New at Shield?**  
Show us your healthy  
lunch!
- Page 3**    **Pediatric Corner:**  
Clinical Update on IBS
- Featured Product:**  
New & Improved KetoCal  
4:1 Powder
- Ask the RD:**  
The preferred liquid for  
unclogging a feeding tube
- Page 4**    **RD Spotlight**  
**Meet Your SHC RDs**



## Special Health Observances

### February 9-14 is Feeding Tube Awareness Week!

This year's theme, "Nothing can hold us back," focuses on the benefits of tube feeding and how it allows your tube-fed patients to lead healthy and productive lives. What are YOUR patients able to do on nutrition support that they wouldn't be able to do otherwise?



This annual event was created by Feeding Tube Awareness Foundation, a non-profit organization that provides support to parents of children who are tube-fed and helps to raise positive awareness of tube feeding as a life-saving medical intervention.

### March is National Nutrition Month®!



Why do you choose the foods you eat? If you're like most people, taste wins out over health, social and emotional factors. This month and all year long, "Enjoy the Taste of Eating Right," and you'll fit right in with this year's theme.

**Good-tasting And Good For You:** The days of, "if it tastes good, spit it out" are over! There are lots of ways to make healthy food taste great, from adding fresh raspberries to your whole-grain morning cereal to sprinkling toasted sliced almonds on roasted green beans.

**Go Green:** Feel good about the choices you make by eating a plant-based diet that's chock-full of antioxidant-rich fruits, veggies, whole grains, nuts, seeds and legumes. It's simple: Just fill half your plate with deeply-colored veggies and fruits, like spinach, tomatoes, blueberries and pomegranate seeds. Divide up the other half with protein sources, such as beans or soy, and whole grains, like quinoa, barley or whole-wheat pasta.

### March 12 is Registered Dietitian Nutritionist Day!

The Academy of Nutrition and Dietetics recently gave RDs the option of adding an "N" to the RD credential to drive home the point that all registered dietitians are nutritionists but not all nutritionists are dietitians. The decision also underscores the fact that RDs and RDNs are your go-to experts, not only for medical nutrition therapy, but also for health and wellness, and prevention of diseases with nutrition-related risk factors. National Nutrition Month® and Registered Dietitian Nutritionist Day are annual events created by the Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals.



Registered Dietitian Nutritionist Day  
March 12, 2014

# Healthy At Home

Tips for Keeping Your Tube-fed Patients in the Home

## Safe Administration of Medication

Medication is often responsible for clogged feeding tubes. Prevent clogs, adverse reactions, interactions and other related issues by following these tips for giving meds through the feeding tube:



- Administer each medication separately.
- Stop the feeding and flush the tube with water before and after medication administration.
- Crush only those meds which are immediate-release. Sustained-release and enteric-coated forms don't dissolve well and may not absorb properly when crushed.
- Use liquid forms when available.
- Dilute liquid medications to prevent clogging and gastrointestinal upset, like diarrhea.
- Ask the doctor or pharmacist if you're not sure whether certain medications are ideal for the feeding tube.

## What's New At Shield?



**Show Us Your Healthy Lunch**  
for a chance to WIN a custom lunch cooler!

A healthy lunch consists of a well-balanced meal that includes vegetables, fruit, whole grains and lean protein.

Visit the Shield HealthCare Facebook page at [facebook.com/shieldhealthcare](https://www.facebook.com/shieldhealthcare) in March to Like the page and post a healthy lunch photo.

A panel of registered dietitians will select 100 winning photos! Winners will receive a durable Shield HealthCare custom lunch cooler bag.

Contest winners will be announced on the Shield HealthCare Facebook page on 4/17/14. Contest runs 3/1/14 through 3/31/14. One photo entry per person, please.



## SEASONAL TIP: Fight the Flu with 5

A person infected with the flu virus can give it to you when they cough, sneeze or talk to you, even if they don't have symptoms.

How can you stay well this winter without staying home?

- 1 Get the flu shot. Getting vaccinated is the single best way to prevent getting sick.
- 2 Avoid touching your eyes, nose or mouth. You can get sick this way too.
- 3 Wash your hands often with soap and water. Alcohol-based hand rub will work in a pinch.
- 4 Clean and disinfect surfaces or objects at home, work or school.
- 5 Take a walk. Staying physically active and reducing stress levels helps fight illness.



## Test Your Knowledge

**Match type of enteral formula to the correct hang time:**

24-48 hours    12 hours    8 hours    4 hours

- a. Sterile formula in an open system in the hospital
- b. Non-sterile powdered formula
- c. Sterile formula in an open system at home
- d. Sterile formula in a closed system

(answers on the back cover)

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

- Pump setup within 4 hours of discharge in most cases
- Direct dietitian-physician communication
- Wellness checks and quarterly nutrition screenings
- Clinical and nutrition in-services for your staff
- Fewer hospital visits for your patients
- On-staff RDs available for questions and troubleshooting

2 Did you know? Shield HealthCare now offers a complete offering of Hollister wound products! Contact your local sales office for more information.

# Advances in Irritable Bowel Syndrome (IBS)

Irritable bowel syndrome affects up to 20% of adults and up to 14% of children in the U.S. IBS is described by researchers as a gut-brain disorder because of the way serotonin signaling is altered in IBS patients. Serotonin is a key mediator of gut motility and sensory perception. People with IBS appear to have a greater perception to pain and are more affected by stress hormones that alter motility in response to external stressors.

People with IBS also appear to exhibit functional alterations in gut bacteria, contributing to bloating, altered colonic motility and increased sensitivity. Researchers are finding that one way to counteract this is to limit foods that are fermented by gut bacteria. These foods are grouped into a category known as FODMAPs (Fermentable Oligo-, Di- and Monosaccharides and Polyols). Fructose (high fructose corn syrup, apples, fruit juice), fructans and galactans (wheat, soy, legumes), lactose (dairy products) and sugar alcohols (sorbitol, maltitol, stone fruits) are among the offending carbohydrates. The low FODMAP diet was developed by researchers at Monash University in Australia.



## Featured Product: NEW AND IMPROVED KETOCAL 4:1 POWDER

KetoCal 4:1 Powder is a nutritionally complete medical food with a 4:1 ratio of fat: carbohydrate+ protein for the dietary management of intractable epilepsy and other conditions for which a ketogenic diet is indicated. Nutricia has recently updated this formula. Some of the changes are as follows:



- DHA, ARA, soluble and insoluble fiber are added.
- Soybean oil is replaced with palm and sunflower oils and aspartame is replaced with sucralose.
- Micronutrient levels, including vitamin D are optimized.
- Appearance is slightly darker in color and taste may be slightly less sweet.
- Calories per can have changed from 2160 to 2103.
- Calories per gram have changed from 7.2 to 7.01.
- Instructions to prepare the formula at standard dilution are slightly different.
- Texture is different and may slightly increase residue in the cup or feeding bag. Internal testing performed by Nutricia shows that this does not affect tube feeding infusion. If separation occurs, Nutricia recommends shaking the feeding bag to remix, and flushing the feeding tube with warm water between feeds to avoid blockage.



**Q. Can I use Coca-Cola to unclog a feeding tube?**

**A.** Soda and some juices are acidic and can react with any formula left in the tube, potentially making the clog worse. Practice shows that the best way to resolve a feeding tube clog is to use warm water and a “push-pull” motion with a 60-mL syringe. Prevent clogs by frequently flushing your tube with water, especially before and after every use.

## 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



**Lisa Osowski**  
MS, RD, LD, CWCMS



**Lisa Zaccaro**  
RD, CWCMS

## RD Spotlight



Shield HealthCare RDs care for your patients with cutting-edge, evidence-based practice!

Here they are, soaking up the latest clinical research at the Johns Hopkins 11th Advances in Pediatric Nutrition in Baltimore, Maryland.



## Test Your Knowledge ANSWERS

**Match type of enteral formula to the correct hang time:**

24-48 hours    12 hours    8 hours    4 hours

- a. Sterile formula in an open system in the hospital = 8 hours
- b. Non-sterile powdered formula = 4 hours
- c. Sterile formula in an open system at home = 12 hours
- d. Sterile formula in a closed system = 24-48 hours

### References:

- Feeding Tube Awareness [www.feedingtubeawareness.com](http://www.feedingtubeawareness.com)
- Academy of Nutrition and Dietetics [www.eatright.org](http://www.eatright.org)
- Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)
- National Institute of Diabetes and Digestive and Kidney Diseases - [www.niddk.nih.gov/](http://www.niddk.nih.gov/)
- Bankhead R, et al. A.S.P.E.N. Enteral Nutrition Practice Guidelines. J Parenter Enteral Nutr. 2009
- Lee, L. Nutritional Issues in IBS. [Powerpoint]. Baltimore, Maryland: Johns Hopkins 11th Advances in Pediatric Nutrition; 2013.

## Call us today, we're here to help!

### California

Fresno 800.675.8842  
Inland Empire 800.557.8797  
Los Angeles 800.372.6205  
Sacramento 800.675.8842  
San Diego 800.557.8797  
San Francisco 800.675.8840

### Colorado

Denver 800.525.8049

### Illinois

Chicago 800.675.8847

### Texas

Dallas 800.407.8982  
Fort Worth 800.407.8982  
Houston 800.493.7863  
San Antonio 800.495.0999  
West Texas 800.495.0999

### Washington

Seattle 800.720.7440