LEARNING OBJECTIVES

On completion of this chapter, the reader will be able to:

1. Discuss the basic mechanisms of carbohydrate, fat, and protein digestion and absorption.
2. Describe how the GI tract defends the host from toxins and antigens and the impact of feeding on gut barrier function.
3. Identify appropriate indications for the use of enteral nutrition (EN).
4. List potential advantages to the use of EN compared to parenteral nutrition.
5. Identify enteral access options, including the gastric and small bowel route for both short-term and long-term use.
6. Select the appropriate administration method of EN (e.g., continuous, cyclic, bolus, and intermittent).
7. Differentiate between the various classes of enteral feeding formulations.
8. Select an appropriate enteral formula to meet the needs of a given adult and pediatric patient.
9. Distinguish between an open and closed enteral feeding delivery system.
10. Recommend guidelines for the initiation and advancement of enteral feeding for continuous and bolus administration in adult and pediatric patients.
11. Design a plan to monitor GI tolerance to EN.
12. Identify strategies to minimize the risk of aspiration in patients receiving EN.
13. Identify factors related to EN that may contribute to diarrhea and measures to prevent and manage its occurrence.
14. Determine the appropriate technique for medication administration via the enteral feeding tube, including dosage form selection and flushing guidelines.
15. Design a plan to prevent and manage interactions between medications and the enteral feeding formulation.