

ASPEN

# Enteral Nutrition Handbook

Second Edition

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The American Society for Parenteral and Enteral Nutrition (ASPEN) is a scientific society whose members are healthcare professionals—physicians, dietitians, nurses, pharmacists, other allied health professionals, and researchers—dedicated to ensuring that every patient receives safe, efficacious, and high-quality patient care.

ASPEN's mission is to improve patient care by advancing the science and practice of clinical nutrition and metabolism.

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# Contents

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Preface .....	v
Editors, Contributors, and Reviewers.....	vii
<b>1 Nutrition Screening, Assessment, and Care Plan Development .....</b>	<b>1</b>
<b>2 Overview of Enteral Nutrition and Patient Selection .....</b>	<b>65</b>
<b>3 Enteral Access Devices .....</b>	<b>96</b>
<b>4 Enteral Formulas for Adult Patients .....</b>	<b>164</b>
<b>5 Enteral Formulas for Pediatric Patients .....</b>	<b>213</b>
<b>6 Enteral Nutrition Orders .....</b>	<b>253</b>
<b>7 Preparation, Labeling, and Dispensing of Enteral Nutrition .....</b>	<b>288</b>
<b>8 Administration and Monitoring of Enteral Nutrition .....</b>	<b>325</b>

<b>9</b>	<b>Complications of Enteral Nutrition</b> . . . . .	354
<b>10</b>	<b>Medication Administration with Enteral Nutrition</b> . . .	402
<b>11</b>	<b>Home Enteral Nutrition</b> . . . . .	425
	<b>Index</b> . . . . .	449

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# Preface

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We are pleased to present the second edition of the *ASPEN Enteral Nutrition Handbook*, a comprehensive guide with up-to-date, specific information on how to safely, effectively, and confidently care for patients receiving enteral nutrition (EN). Like its predecessor, this new edition features best-practice recommendations based on the most current research and provides a wide variety of practical tools and tips to save time and elevate the quality of care.

This edition has been completely revised to reflect the many recent advancements in the science and practice of EN therapy. For example, you will find guidance on using ENFit<sup>®</sup> devices for tube feeding and medication administration, coverage of the indicators of malnutrition in adult and pediatric patients, and the latest recommendations regarding the use of specialty formulas and blenderized tube feedings. There is a new chapter focused on

the preparation, labeling, and dispensing of EN, and this edition has divided the discussion of adult and pediatric/infant formulas into separate chapters.

The content in this handbook is aligned with ASPEN's evidence-based guidelines, core curriculum, practice recommendations, and standards. The book is an invaluable resource for students and trainees in dietetics, medicine, nursing, and pharmacy. Its "pocket guide" format and easy-to-follow clinical information will appeal to everyone from the novice to the advanced practitioner.

We thank the many contributors and reviewers who shared their knowledge, analysis of the literature, and clinical expertise in the area of EN support. It is our hope that this handbook improves the ordering, administration and safety of EN support to patients.

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