



Service Priorities and Programmes Electronic Presentations

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Holistic Nursing Care for Patients with Percutaneous Endoscopic Gastrostomy (PEG)

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Introduction

Percutaneous Endoscopic Gastrostomy (PEG) is a procedure which involves inserting a feeding tube directly into the stomach through the abdomen of patients that have an ongoing and serious problem with swallowing.

When patients are advised of the need for a PEG, a lot of uncertainty and psychological distress often resulted. A holistic approach is essential for tackling pre-operation assessment, psychological preparation and education necessary for the patient and caregiver, all of which are important components to assist patients adjusting to the inevitable changes and challenges associated with living with a PEG. Since 2016, inclusive in-patient and out-patient services were established for those patients needing a PEG. They are referred to an Advanced Practice Nurse (APN) who can provide a comprehensive assessment, pre-operation and post-operation intervention, stoma care, health education and psychological support.

Objectives

The objectives of this service are

1. To ensure that patients are well prepared to receive the PEG
2. To ensure the best possible of quality of life with ongoing nursing support after the insertion of PEG
3. To involve the nursing staff more in the care and management of any post-operation complications that might arise. Doctors's™ involvement in terms of time and procedures if any thus can be reduced.

Methodology

1. APN provides pre-operation assessment, education and psychological preparation within 2 days after receiving a referral
2. Identified patient who would be followed up at nurse clinic to manage post-operation complications, stoma care and tube care education
3. Telephone hotline is available to answer enquiries on the handling of the PEG
4. Urgent appointments can be arranged to prevent unnecessary hospital admissions

5. Psychological counselling is provided to empower patients and caregivers to manage their PEG at home

Result

44 consultations were conducted in wards during 2016. 15 consultations were to assess patients' suitability for a PEG and to provide education and psychological preparation. 29 consultations were to manage various complications associated with the PEG.

Regarding the new service for PEG post-operation care and support provided at nurse clinic, 50 attendances were recorded from April 2016 to December 2016.

Conclusion:

Feedback showed a high level of satisfaction and appreciation from the patients as the services proved to be useful and practical in reducing their stress and helping them to adapt well to daily living with their PEG.