

Exclusive Enteral Nutrition: An optimal care pathway for use in adult patients with active Crohn's disease

Day, A., Wood, J., Melton, S., Purcell, L., O'Connor, J., Mutsekwa, R., Holt, D., Dunning, A., Bidgood, E., Asrani, V., Simpson, E., Burgell, R., Bryant, R.

Background

Exclusive enteral nutrition (EEN) is emerging as a therapeutic option for adults with active Crohn's Disease (CD), however there is no standardised approach to delivering this therapy. The aim of this study is to develop an optimal care pathway for using EEN in adults with CD. This will create a standard of care to benchmark practice and provide direction for future research.

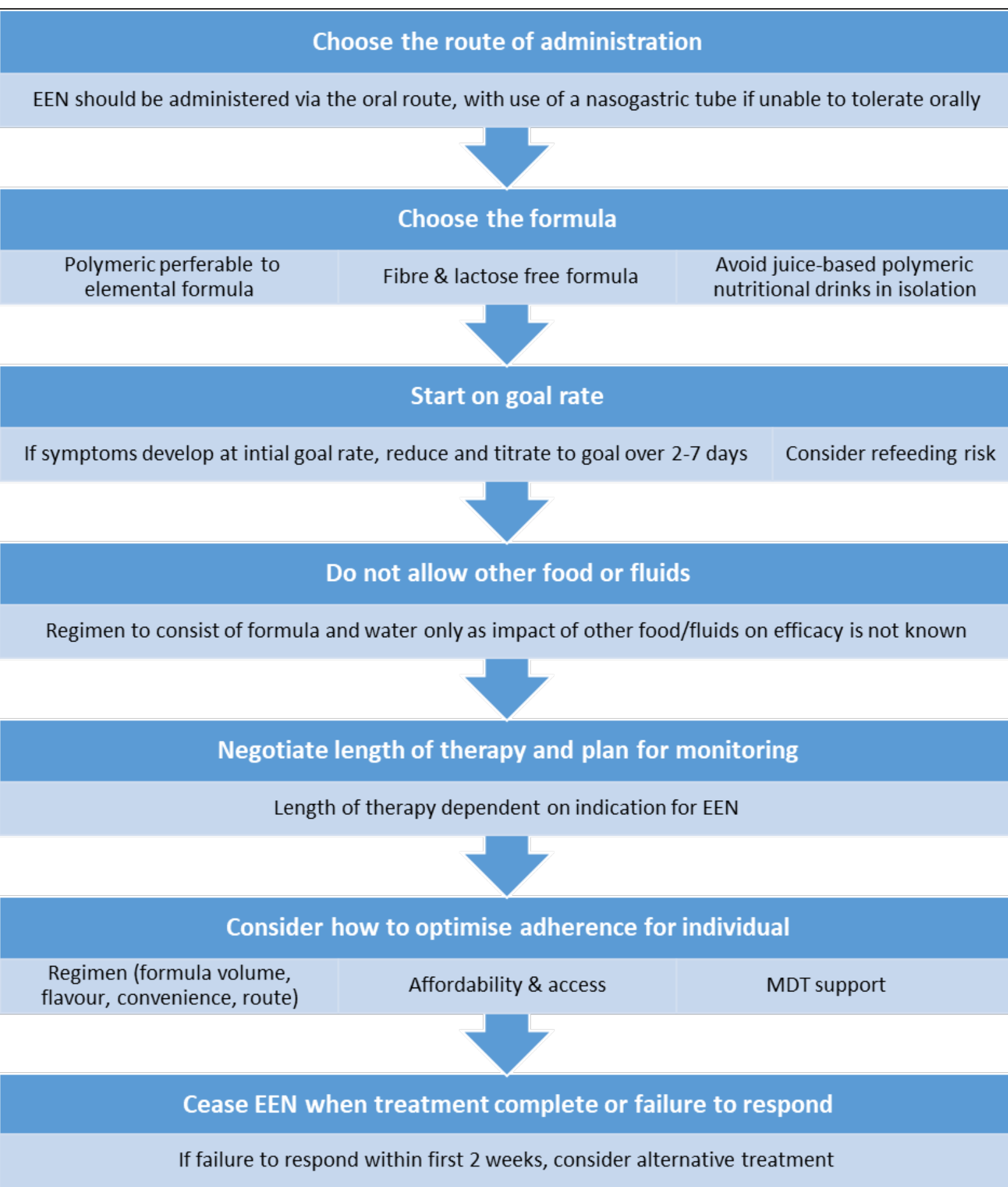
Methods

A working group of 12 multidisciplinary inflammatory bowel disease specialists across Australia and New Zealand was convened to develop a practical, clinically-focused care pathway for using EEN in adults with active CD. Six key areas of the pathway were identified; Clinical indications, nutrition assessment, EEN protocol and monitoring, accessing formula and food re-introduction. Current literature was identified via systematic review. Quality of evidence was graded. Consensus expert opinion was provided where literature gaps were identified.

Results

An optimal care pathway and toolkit guiding clinicians to use EEN in adults with active CD was developed. Six key consensus statements outline a practical therapeutic approach. These key statements identify clinical indications for use, nutrition assessment and prescription, duration of therapy, monitoring criteria, food re-introduction, and the role of partial EEN. An accompanying patient resource was also developed.

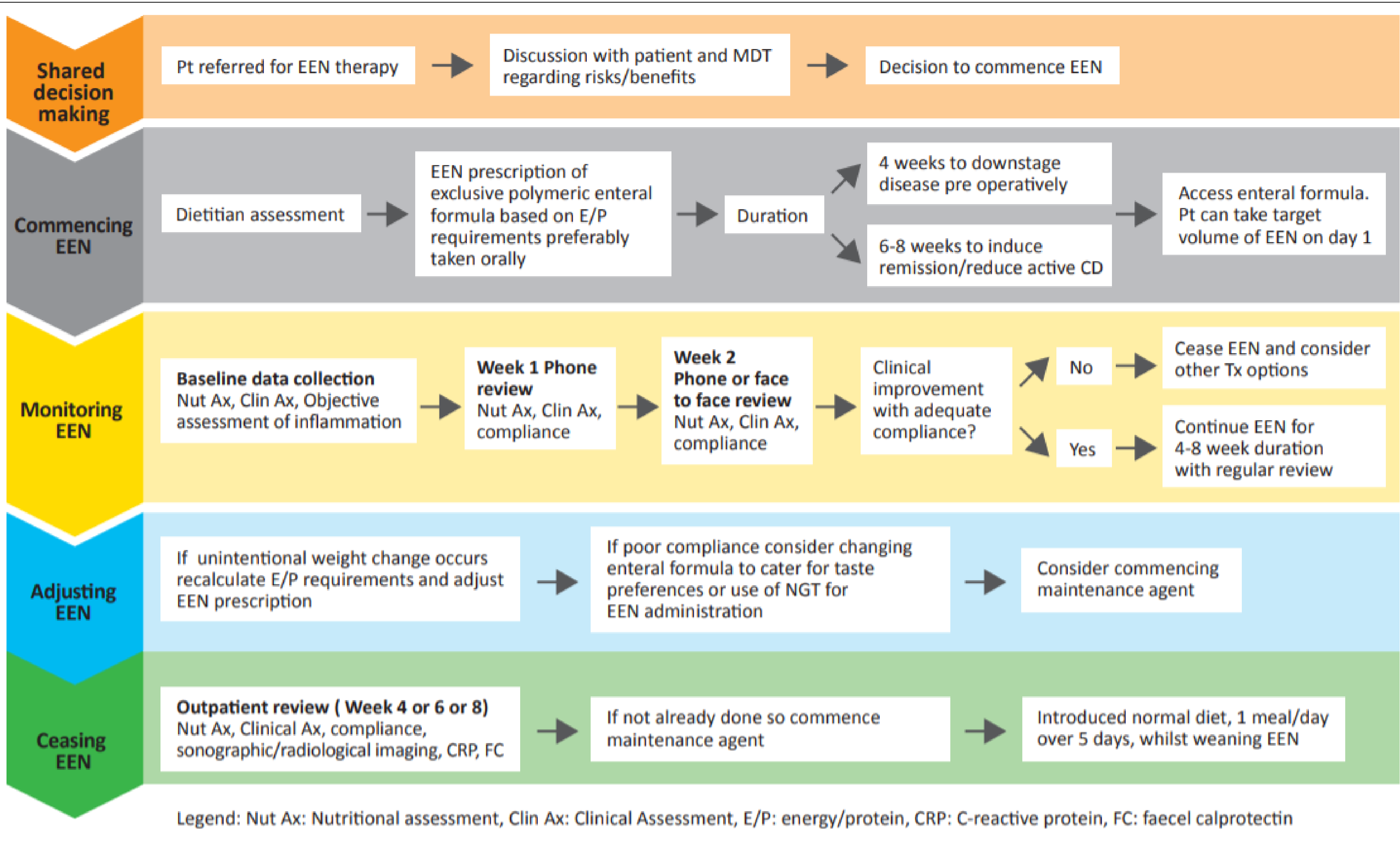
Therapeutic protocol



Guide to reintroduce food

- Day 1**
- Introduce 1 meal
 - Patient to choose timing and type of meal
 - Continue 3/4 of EEN prescription
- Day 2**
- Increase to 2 meals per day
 - Patient to choose which 2 meals and type of meals
 - Continue 1/2 of EEN prescription
- Day 3**
- Increase to 3 meals per day
 - Patient to choose type of meals
 - Continue 1/4 of EEN prescription
- Day 4**
- Continue 3 meals per day and add mid meal snacks
 - Continue 1/4 of EEN prescription
- Day 5**
- Cease EEN if tolerating adequate nutritious meals and snacks

Optimal care pathway



Conclusion

EEN is recommended as a treatment option for inducing remission in adults with active CD. The optimal care pathway, toolkit, and patient resource are designed as standalone resources or to be used to advocate for site-specific protocols to support standardised approach to delivering EEN therapy. This toolkit and patient resource is available from the Australiasian Society of Parenteral and Enteral Nutrition www.auspen.org.au

Reference: Day et al 2019 Exclusive enteral nutrition: an optimal care pathway for use in adults patients with active Crohn's disease. JGH Open.