Comparing the Incidence of Respiratory Aspiration between Two Tube Feeding Methods of Intermittent Bolus and Intermittent Drip Bag

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ABSTRACT
Purpose of the study: Aspiration of stomach contents is a serious side effect in patients with a feeding tube which can be prevented otherwise may lead to death. There have been disputes over the safest feeding method. Therefore, this study seeks to identify the chance of occurrence of respiratory aspiration in two tube feeding methods of intermittent bolus and intermittent drip bag in patients of the ICU and trauma ward.

Methods: In this quasi-experimental study, investigating contextual variables and using gradual method, 72 patients in ICU and trauma ward who were fed through tubes were divided into two groups of intermittent bolus and intermittent drip bag method and both groups were independently fed for 3 days. After that, both groups were surveyed and compared based on the level of aspiration occurrence. To collect the data, personal information, nutrition, and respiration form as well as form of information about the two feeding methods in the studied units were utilized. The studied units were selected among Training and Treatment Centers in Rasht in 2010. To analyze the data, descriptive and inferential statistics and SPSS16 software were used.

Results: The findings showed that respiratory aspiration occurrence level in intermittent bolus tube feeding methods was 5.6% whereas this amount in intermittent drip bag method was zero. Fisher exact test revealed that there was no significant relationship between these two groups (P=0.47).

Conclusion: As there was no significant relationship in respiratory aspiration between the two groups, it was concluded that intermittent bolus method can still be mentioned in books as a standard method to decrease the risk of aspiration if it is used properly.