



A Dietitian's Guide for Commencing a Child on a Blenderised Diet using Compleat® paediatric.

Compleat® paediatric

What is Compleat® paediatric?

Compleat® paediatric is a nutritionally complete formula for children aged 1-18 years. It is the first available formula in the UK & ROI to contain ingredients derived from food*. Compleat® paediatric is well tolerated¹ and may help to improve reflux and constipation in tube-fed children.

Supporting Parents/Carers to Implement a Blenderised Diet

The British Dietetic Association supports dietitians in suggesting a blenderised diet as a choice, where they believe there to be potential physiological, social or emotional benefits to the tube-fed individual and their family.

Using Compleat® paediatric as part of a Blenderised Diet

Home-made and easy to prepare blenderised recipes have been developed using Compleat® paediatric as a base. The recipes have been nutritionally analysed and have been tested to flow through a 14 Fr feeding tube. The use of Compleat® paediatric is an effective way of helping parents/carers to transition to a blenderised diet. It can be used to support the social benefits of a blenderised diet, whilst minimising preparation time and ensuring the child's nutritional requirements are met.

*13.8% of Compleat® paediatric contains rehydrated chicken meat and rehydrated vegetables (peas & green beans), peach puree and orange juice from concentrate.

Disclaimers:

- A blenderised diet is not recommended for the following:
 - Children under the age of one year
 - Children who are immunocompromised
 - Children who are fed via a jejunostomy device or nasogastric tube
 - Children unable to tolerate bolus feeding
- The British Dietetic Association supports Dietitians to provide a duty of care to parents/carers who have made an informed decision to provide their child with a blenderised diet via an enteral feeding tube.
- It is the role of the dietitian to support parents/carers in providing a blenderised diet that it is nutritionally adequate and appropriate for the child.
- Enteral UK recommends that feeding sets and syringes should be washed after every use in hot soapy water, rinsed and air-dried before storing in a clean dry container with a lid. Care should be taken to ensure that adequate flushing before and after use is carried out to avoid tube blockage.
- It is the responsibility of parents/carers to ensure that a blenderised diet is a suitable consistency to flow through the feeding tube. Enteral UK recommends the use of their UK 14 Fr feeding tubes with the Compleat® paediatric blenderised recipes.
- Parents/carers are required to closely monitor the child's tolerance and maintain regular communication with the Dietitian.

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Blenderised Feeding Risk Assessment and Agreement between the Dietitian and Parent/Carer

Name of Child: _____ Tube type and size in place: _____

Date of tube insertion: _____ Change of tube date: _____

Parent/Carer name: _____ Parent/Carer signature: _____

Dietitian name: _____ Dietitian signature: _____

The following agreement should be discussed and agreed by the dietitian and child's parent/carers prior to commencing a blenderised diet.

Nutritional status:

- Your child will be regularly weighed (frequency to be advised by the dietitian).
- If your child loses weight or fails to grow appropriately, the dietitian will advise that your child transitions back to a commercial formula for feeding.
- The dietitian will specify blenderised recipes that are suitable and nutritionally adequate for your child. *Please refer to Compleat® paediatric Recipe Cards.*
- Only blenderised recipes advised by the dietitian should be given to your child.
- If you feel your child is not tolerating certain recipes or foods, please liaise with the dietitian. *It is recommended to use the Compleat® paediatric food and symptom diary to monitor your child's tolerance to the recipes.*
- The dietitian will assess whether your child requires a multivitamin.

Caring for the enteral tube and feeding device:

- Feeding pump manufacturers do not recommend the use of pumps with a blenderised diet. Your child will have to be able to tolerate bolus feeding via a syringe. **Enteral UK recommends the use of a 60mls syringe for blenderised bolus feeds.**
- The minimum size of feeding tube for a blenderised diet is a 14Fr. To reduce the risk of tube blockage, ensure that all blenderised meals are a similar consistency to thin custard. If Compleat® paediatric is used on its own as an enteral feed, an 8Fr tube can be used. *Please refer to 'Compleat® paediatric Mix Recipe Cards'. These recipes have been tested to flow through 14Fr feeding tubes.*
- The dietitian will liaise with the community nursing team to notify them that your child has started a blenderised diet.

Food safety guidance:

- Parents/carers are advised to follow food safety regulations during the preparation of blenderised food which is given via a feeding tube. *Please see the Compleat® paediatric Blenderised Tube Feeding Guide for Parents and Carers for food safety advice.*
- It is the responsibility of the child's parents/carers to ensure effective cleaning of the kitchen equipment and utensils used for preparing blenderised meals.
- Parents/carers should acknowledge the risk of food-borne bacteria causing infectious complications if food safety guidance is not followed correctly.

Care settings:

- A blenderised diet is not likely to be permitted in the inpatient setting. The dietitian will provide a feeding regimen using a commercial formula for use during these times.
- The dietitian will work with other professionals to facilitate the practice of a blenderised diet in all care settings attended by your child, e.g. school or respite centre. However, it is the decision of the individual care provider to provide a blenderised diet.

A Dietitian's checklist for transitioning a child to a blenderised diet using Compleat® paediatric



Literature - Has the parent/carer been given the following:

- ☐ Compleat® paediatric Parent and Carer Guide
- ☐ Compleat® paediatric Blenderised Tube Feeding Guide for Parents and Carers
- ☐ Compleat® paediatric Recipe Cards

Monitoring

- ☐ Advise how frequently the child needs to be weighed.
- ☐ If required, has the parent/carer been shown how to carry out alternative measurements at home status including length/height, knee height, mid upper arm circumference (MUAC).
- ☐ Show the parent/carer how to complete the feed and symptom diary in order to monitor tolerance. See worksheet at the back of the Compleat® paediatric Parent and Carer Guide.
- ☐ Has a follow up Dietitian appointment been booked?

Training - Has the parent/carer completed training in the following:

- ☐ How to care for the stoma site and feeding tube.
- ☐ How to give bolus feeds.
- ☐ How to give water flushes.
- ☐ Recognising signs and symptoms of infection.
- ☐ What to do if the feeding tube/device is accidentally removed/or breaks.
- ☐ Feeding pump training, if using Compleat® paediatric on its own as an enteral feed. Note, a blenderised feed must not be delivered via a pump.

Communication with the multidisciplinary team:

- ☐ Has the child's community nurse been informed of the transition to a blenderised diet? *This is to ensure the correct equipment is supplied.*
- ☐ Request that the GP prescribes Compleat® paediatric.

Implementing a blenderised diet:

- ☐ Has the parent/carer been provided with a list of suitable blenderised recipes? Reiterate that the parent/carer should only use the blended recipes that have been given by the dietitian. *Provide Compleat® paediatric Recipe Cards which are appropriate for the child. Signpost Compleat® paediatric Recipe how-to videos.*
- ☐ Has the parent/carer been given a copy of the child's feeding regimen? *See feed regimen worksheet at the back of the Compleat® paediatric Parent and Carer Guide.*
- ☐ Recommend an age appropriate multivitamin as necessary.
- ☐ Advise that all blenderised food must be a 'thin custard' consistency.
- ☐ Discuss food safety guidelines for the preparation of blenderised recipes. *Signpost towards the 'Compleat® paediatric Blenderised Tube Feeding Guide for Parents and Carers'.*
- ☐ Blenderised food must be at body temperature before feeding.
- ☐ If Compleat® paediatric is used as a base, advise that once the SmartFlex bottle has been opened, any unused feed can be recapped and refrigerated. Any unused feed should be thrown away within 24 hours of opening.
- ☐ Advise parent/carer to give blenderised feeds via a 60ml syringe.
- ☐ Advise parent/carer to pause between bolus feeds. Depending on child's tolerance, bolus feeds should be spaced out to last the length of a meal, approximately 30 minutes.

Acute setting:

- ☐ Has the parent/carer been provided with a feeding regimen using a commercial formula in the event that the child is admitted to hospital?

References: 1. Siddiqui A, et al. HSOA J Neonatol Clin Pediatr 2021;8:066.