Ins and Outs of Enteral Feeding: Gastric Residual Volume & Diarrhea
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Learning Objectives
1. Evaluate evidence-based recommendations for determining energy needs
2. Identify risk factors for and interventions to reduce aspiration
3. Discuss the etiology and management of diarrhea in tube-fed patients

Outline
I. Gastric Residual Volumes
   A. Published thresholds
   B. Risk of and prevention of aspiration
II. Diarrhea
   A. Definition
   B. Etiology
   C. Treatment/management
III. Evidence-based Guidelines
   A. A.S.P.E.N.
   B. ESPEN
   C. ADA EAL
   D. Canadian Guidelines

Self-Assessment Questions
1. Which of the following is generally included in a definition of diarrhea?
   A. volume
   B. frequency
   C. consistency
   D. all the above

2. The Canadian guidelines suggest that an enteral feeding protocol should allow which of the following gastric residual volumes?
   A. 100 mL
   B. 150 mL
   C. 200 mL
   D. 250 mL

3. True False There is a significant association between gastric residual volume and aspiration pneumonia.
   1. D; 2. D; 3. F

References