



**The Leeds  
Teaching Hospitals**  
NHS Trust

# Leeds Adult Acute Home Enteral Feeding (HEF) Service

Information for patients



Adult  
Therapies

## What is the Leeds Adult Acute HEF Service?

It is a service which provides specialist dietetic and nursing support. It is a service for patients living at home who have a feeding tube.

### The Leeds Adult Acute HEF team includes:

- A specialist dietitian
- A clinical nurse specialist (CNS)
- An enteral feeding associate practitioner

We work closely with medical teams in the hospital and the company who provide your feeds and feeding equipment.

## What does the Leeds Adult Acute HEF Service provide?

- Support and monitoring of your feeding (nutrition) needs
- Education on your feeding tube and equipment
- Advice on looking after the skin around your feeding tube
- Support on discharge from hospital
- Support with any emotional and/or social aspects of enteral feeding

## When will I see a member of the Leeds Adult Acute HEF Team?

We aim to meet all patients new into the service on the ward, before discharge home. Following this you will receive a telephone call to ask if there are any concerns or queries with your feeding once at home.

Then we will invite you to a clinic appointment at the hospital or arrange a telephone review, usually within two weeks of being discharged. At this appointment you will see a specialist dietitian (and a nurse specialist if it's a face to face clinic appointment) to review your enteral feeding. We will then agree a suitable time to meet again to review your enteral feeding.

**If you are unable to attend your appointment please let us know using the contact details provided.**

## **What will happen during a review?**

By agreeing to be seen by the Leeds Adult Acute HEF Team we will assume that you are consenting to treatment from us. We will always discuss any treatment with you and agree an appropriate plan to best meet your needs.

### **We may discuss the following with you during a review:**

- Your enteral feeding regimen
- Any food and drinks you may be taking by mouth (orally)
- Your weight
- Your bowel habits
- Your enteral feeding tube site/skin around your tube
- Your feeding equipment supplies
- Any symptoms you are experiencing
- Lifestyle changes and social impact of your feeding tube
- Your mental health and well being

## What will happen after I've seen a member of the Leeds Adult Acute HEF Team?

We will use the information gathered during the appointment to write a report for your medical records. This will help to ensure professionals involved in your care are aware of your nutritional status and needs.

Follow up appointments may be arranged with reception staff before you leave or an appointment may be sent to you in the post. If you no longer require enteral feeding, the Leeds Adult Acute HEF Team will discuss discharge from the service with you. If you need ongoing support from a dietitian, onward referral to another dietetic team, e.g. community dietitians, will be discussed with you.

## When to contact us?

It is important to contact us as soon as you become aware of any problems or changes relating to:

- Your feed
- Your feeding tube
- Your stoma site, if you have a gastrostomy (feeding tube into your stomach) or jejunostomy (feeding tube into your small bowel)

Please let us know if you are being admitted to hospital. We will speak to the ward/hospital Dietitians about your usual feeding plan.

**Please contact us if you feel that you need to be seen sooner than your next scheduled appointment.**

## Contact details

### Leeds Adult Acute HEF Team

Telephone: 0113 206 6943

Email: [leedsth-tr.adultacutehefteam@nhs.net](mailto:leedsth-tr.adultacutehefteam@nhs.net)

If we are unable to take your call please leave a message on our answer machine, giving your name, date of birth and NHS number (if known). Telephone messages and emails will be checked regularly during office hours and someone will respond to you as soon as possible.

**Our service hours are Monday to Friday from 8:30am to 4:30pm (except bank holidays).**

## Out of hours

If you need help outside of the Leeds Adult Acute HEF Team office hours, please call your enteral feeding company 24 hour help line for advice/support from specialist nurse advisors. Alternatively contact your hospital medical team, your GP or 111 for advice.

## Where else can I get support?

The support group PINNT offer support and advice to patients (and their carers) at home receiving enteral feeding.

**PINNT: A support and advocacy group for those at home receiving parenteral (intravenous) or enteral (tube) feeding.**

**[www.pinnt.com](http://www.pinnt.com)**

**Tel: 02030046193**

# Notes

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## What did you think of your care?

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*Your views matter*



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