“Pause for PEG”
Best Practices in Patients with Advanced Dementia

Deborah Conley, MSN, APRN-CNS, GCNS-BC, FNGNA
Geriatric Service Line Director
Amy Hessel, MS-CCC/SPL  Speech Language Pathologist
Methodist Hospital, Omaha, Nebraska

The meaning of care.℠
Acknowledgements

• Jennifer Bierbaum, MSN, APRN-CNS, AGCNS-BC, RN-BC; Mary Washington Hospital Fredericksburg, MD
• Pause for PEG Committee Methodist Hospital
Disclaimers and Conflicts of Interest

© 2017 Nebraska Methodist Health System. All rights reserved. All content provided herein is for educational, informational and guidance purposes only and is not intended to serve as a substitute for individualized professional medical advice, diagnosis, or treatment. Nothing contained herein establishes or shall be used to establish a standard of care.

Neither presenter have any conflicts of interest to disclose.
Objectives

– Examine focused literature on the use of percutaneous endoscopic gastrostomy (PEG) tubes in patients with advanced dementia
– Describe the purpose of the “Pause for PEG” initiative at Methodist Hospital
– Analyze case studies to apply the “Pause for PEG” framework

The meaning of care.™
Project Overview

• Percutaneous Endoscopic Gastrostomy (PEG) tubes were used in patients with advanced dementia
  – associated with adverse outcomes that lead to earlier demise
  – best practice is offering pleasure feedings with or without modified consistencies

• 30 day mortality for all PEGs at MH greater than the national average of PEG tube placements (not only for advanced dementia)

• Project idea started at the bedside
  – Amy Hessel and AgeWISE RNs, Comfort Care Committee
  – Moral distress
  – Quality of life and family/patient preferences
  – Questions about “true informed consent”
  – Staff RN and graduate CNS student – Jennifer Bierbaum

The meaning of care.™
The Iowa Model Revised: Evidence-Based Practice to Promote Excellence in Health Care

1. Identify Triggering Issues / Opportunities
   - Clinical or patient identified issue
   - Organization, state, or national initiative
   - Data / new evidence
   - Regulatory agency requirements / regulations
   - Philosophy of care

2. State the Question or Purpose

3. Is this topic a priority?
   - No: Consider another issue / opportunity
   - Yes: Form a Team

4. Form a Team

5. Assemble, Appraise and Synthesize Body of Evidence
   - Conduct systematic search
   - Weigh quality, quantity, consistency, and risk

6. Reassemble
PICO

• In patients with *advanced dementia*, how does comprehensive family education on the risks/benefits associated with PEG tube insertion as part of the informed consent process influence incidence of PEG tube insertion rates?

The meaning of care.
Interdisciplinary Team and Roles

• Monthly meetings

• Interdisciplinary Team
  – AgeWISE Staff RNs: 3 (ACE and Progressive Care Unit)
  – MDs: Hospitalist and GI
  – APRNs: GI, Palliative Care, AgeWISE/NICHE
  – Speech Pathologist
  – Nursing Director: Patient Care
  – Nurse Managers: Social Work/Care Management, GI lab
  – Staff Development Nurse: Lead SDN
  – Dietary: Lead Dietitian
  – Pastoral Services: Chaplain
  – Patient Education Coordinator

The meaning of care.
Ins & Outs

• Adverse Events of a PEG tube
  – Gastrointestinal discomfort - N/V/D
  – Infections and bleeding
  – Tube dislodgement
  – Psychological effects
  – Aspiration

The meaning of care.
Focused search on *Advanced Dementia*

- Literature Indicates that there is **NO** recommendation for the use of PEG tubes in *Advanced Dementia*

- National Alzheimer’s Association Position Statement 2011 does not support the use of a PEG tube for patients with *Advanced Dementia*

*The meaning of care.*
Informed Consent?

• Discussion between multiple disciplines regarding the process of “true informed consent”
• Shared decision making
• Advance Directives – may or may not have
• These gaps and data indicated a need for evaluation of our practice and identifying best practice for patients with advanced dementia

The meaning of care.®
What do Families Know?

https://www.youtube.com/watch?v=iGMqtcBvN8Q
1.25 min

PEG Tube Overview
https://www.youtube.com/watch?feature=player_detailpage&v=YjkZ6mQJ4JU
Percutaneous Endoscopic Gastrostomy (PEG) Feeding Tube (4min)

The meaning of care.℠
Pause for PEG Algorithm

Population: Advanced Dementia

Speech Language Pathologist (SLP) consulted for swallowing evaluation

- No dementia, mild or moderate
  - Continue as per routine
- Advanced or uncertain degree
  - SLP
  - Pause
  - Care Coordinator or SLP to have discussion with PCP/Hospitalist for severity & or PC consult
  - PCP/Hospitalist directs care
    - No PEG
      - Proceed with PEG
    - Consult to GI
      - GI APRN: communication with SLP or staff RN
  - Advanced dementia
    - PCP to direct

Goals of care discussion
- Yes to PC
  - Informed Consent
  - PT. Education: SLP or RD to provide dietary recommendations
- No to PC
  - Help determine severity of dementia

Decision Point: Report back to PCP/Hospitalist to direct care

PC Consult Obtained

Decision Point

KEY
PEG: Percutaneous Endoscopic Gastrostomy
SLP: Speech Language Pathologist
PCP: Primary Care Provider
PC: Palliative Care
RD: Registered Dietician
GI: Gastrointestinal
APRN: Advanced Practice Registered Nurse

© 2016 Nebraska Methodist Hospital

updated January 10, 2016
Staff Education

• Development of a TRIPP sheet
  ✓ Translation of Research into practice
  ✓ Interprofessional practice

• Education to Shared Governance Councils, Unit Based Councils

• SDN and APRN Committees

• Teri Tipton, CNO, took to Medical Executive committee for approval

The meaning of care.™
**TITLE: “Pause for PEG”**

**Effective February 2016 @ MH**

- **Why?** To promote best practices of Percutaneous Endoscopic Gastrostomy (PEG) Tube utilization according to the evidence in individuals with advanced dementia.

- **What does the evidence say?** PEG tube placement in advanced dementia is associated with adverse outcomes that may lead to an earlier demise. Current best practices are to offer pleasure feedings with or without modified consistencies.

- **Change in Practice:** “Pause for PEG” is a process where staff can pause to discuss risks vs. benefits in this population with the patients’ PCP, Hospitalist, Care Coordinator and Speech Therapy. A Palliative Care consult may be warranted to discuss goals of care.

---

**References (cite level of evidence)**


---

Contact Person/Effective Date: Jennifer Bierbaum & Deborah Conley. Begin February, 2016.
Dementia and PEG Tubes

- Dementia and PEG Tubes JAMA 2010
- Youtube - PLACING FEEDING TUBES IN HOSPITALIZED NURSING HOME RESIDENTS WITH ADVANCED DEMENTIA VARIES WIDELY (3min)
Alternatives to PEG tube
Nutritional Care

Assisted Oral Feeding
Hand Feeding Techniques for Assisting Persons with Dementia (3min)

The meaning of care.℠
Outcomes

- Culture change - spirit of inquiry
  “Perceptions and discussions with staff”

- **All PEG Tubes – no differentiation**
  *w/ or w/o dementia*

  2015 # PEG tubes inserted 66
  2016 # PEG tubes inserted Jan to July 24

  37% less YTD from 2015 to 2016

The meaning of care.℠
Video North Carolina and Advanced Dementia

http://vimeo.com/51776155

https://www.youtube.com/watch?feature=player_detailpage&v=YjkZ6mQJ4JU

The meaning of care.™
Case Studies and Discussion

The meaning of care.™
Summary

• The literature does not support the use of PEG tubes in patients with advanced dementia
• The development of a EBP project led to creation of an algorithm that was implemented and can be replicated
• Staff are very engaged and a culture change has ensued to increase staff satisfaction (decreased moral distress) and family informed consent
Future Work

• Identifying additional diagnosis to start the conversation via a literature search and MH data
  – Certain cancers
  – Frailty
  – Recurrent aspiration pneumonia patients admitted from nursing homes
  – Some post extubation - wait 48 hours
  – Advanced Strokes post 30 days
  – Advance Parkinson’s Disease
  – Advanced ESRD

The meaning of care.
Key References


