

BLENDERIZED TUBE FEEDING RESULTS IN SUPERIOR CLINICAL OUTCOMES

Transitioning pediatric patients with significant special healthcare needs to blenderized tube feeding resulted in:

VOMITING



57.6%

CONSTIPATION



75.8%

REFLUX



60.6%

After blenderized tube feeding initiation, 48.5% were able to discontinue GI medication

Symptoms of gagging and retching reduced in 100% of children

After blenderized tube feeding initiation, 75.8% reported increased oral intake

“If BTF confers particular advantages, they should be given consideration in this population as the first feeding option instead of an alternative to CF.”

BLENDERIZED FOOD TUBE FEEDING IN VERY YOUNG PEDIATRIC PATIENTS WITH SPECIAL HEALTHCARE NEEDS

— Publication date, March 2023 —

ABOUT THE STUDY

Location:

The Resource Exchange Outpatient Clinic
Colorado Springs, CO

Design:

- Retrospective, single-center study
- N=34 (pediatric patients)
- Evaluation of BTF tolerance and outcomes in children with severe developmental disabilities
- The two primary reasons for choosing BTF were parent desire (55.9%) and feeding intolerance (44.1%)

End Points:

- Growth parameters
- GI symptoms
- Oral feeding
- GI medication use

Investigators:

Shawna Walker BS, RDN, Teresa W. Johnson DCN, RDN,
Holly Carter PhD, RN, Amy Y. Spurlock PhD, RN,
Kelly Johnson DNP, RN, and Jenna Hussey DNP, RN

BLENDERIZED: N=34

N=6



Homemade

N=8



Nourish*

N=17



Other commercial
blenderized formulas

N=3



Combination of
homemade & commercial
blenderized formulas

To download the full study visit:

<https://aspenjournals.onlinelibrary.wiley.com/doi/abs/10.1002/ncp.10975>



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WHY BLENDERIZED WHOLE FOOD DIETS

A Look at Recent Clinical Research

Conclusions: Blenderized diets are associated with decreased healthcare use, improved symptom scores, and increased patient satisfaction compared with conventional formulas



Health Outcomes and Quality of Life
Indices of Children Receiving
Blenderized Feeds via Enteral Tube

HEALTH OUTCOMES AND QUALITY OF LIFE INDICES OF CHILDREN RECEIVING BLENDERIZED FEEDS VIA ENTERAL TUBE

— Publication date, May 2019 —

ABOUT THE STUDY

Location:

Aerodigestive Center, Boston Children's Hospital

Design:

- Prospective cohort
- N=70 Children (1-18) requiring enteral feeding
- Blenderized diets vs Conventional formula

End Points:

- Rate of hospitalization
- Visits to emergency department
- Satisfaction with feeding regimen
- Pediatric gastroesophageal reflux symptoms
- Quality of life questionnaire
- Pediatric life inventory
- Pediatric quality of life gastrointestinal symptoms

Investigators:

Bridget Hron, MD, Eliza Fishman, BA, Margot Lurie, BA, Tracie Clarke, MS, Zoe Chin, CPNP, Lisa Hester, CPNP, Elizabeth Burch, CPNP, and Rachel Rosen, MD

FINDINGS

Conclusions:

Blenderized diets are associated with decreased healthcare use, improved symptom scores, and increased patient satisfaction compared with conventional formulas

Results demonstrated superior clinical outcomes in children receiving Blenderized diets.

Blenderized Patients had...

- Significantly lower total emergency department visits
- Significantly lower total hospital admissions
- Significantly lower respiratory related admissions/year
- Greater satisfaction
- Lower symptom and total scores on PDQoL
- Better quality of life

...and importantly, a significant reduction in healthcare usage/overall healthcare system cost.

To download the full study visit: [www.jpeds.com/article/S0022-3476\(19\)30443-3/fulltext](http://www.jpeds.com/article/S0022-3476(19)30443-3/fulltext)

BLENDERIZED: N=42

N=17



Home-made +
Conventional base

N=11



Home-made

N=9



Nourish*

N=3



Liquid Hope*

N=2



Real Food Blends*

PRODUCTS USED

CONVENTIONAL: N=28

N=16

Elemental

N=10

Standard Milk-based

N=02

Multiple Formulas



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