

The Importance of Tube Feeding

Often ARDS patients are put on ventilators and have decreased appetite. For these reasons, tube feedings become an important part of the recovery process, and ensuring that adequate nutrition is provided to them.

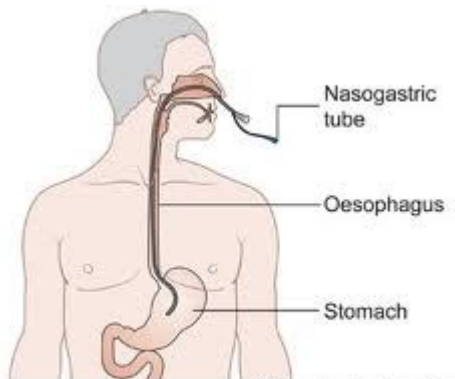


Diagram showing the position of a nasogastric tube
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For more info:

www.ardsusa.org

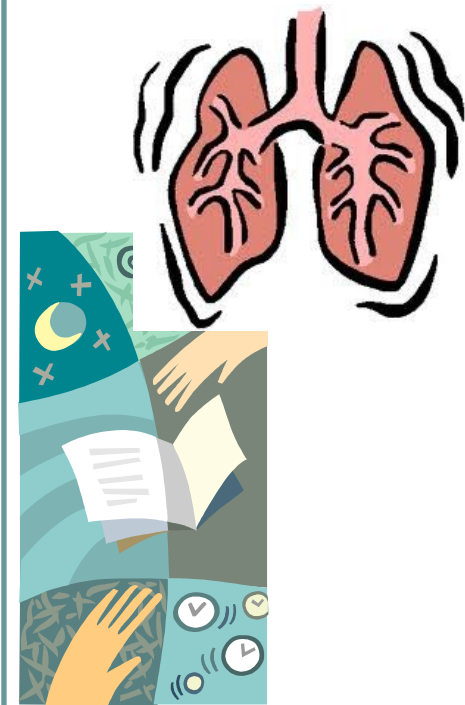
[www.ards.org/
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www.lung.org



Contact Registered Dietitian or Doctor for more information.

Acute Respiratory Distress Syndrome



THE BASICS OF ARDS

An Introduction to ARDS

Acute Respiratory Distress Syndrome, or ARDS, is a syndrome that can occur with critical illness. In most cases, specific nutrition is usually needed.

To aid in the healing process, tube feedings are prescribed, such as enteral nutrition. These routes provide for the easiest way for patients to receive the nutrition required for prevention of other consequences, or death.

The 3 Stages of ARDS: What is happening to the lungs?

Stage 1:

Excessive inflammation causes an accumulation of fluids within the air spaces of the lungs, preventing oxygen exchange.

*Lasts 2-4 days after initial lung injury

Stage 2:

Lungs attempt to repair themselves by forming scar tissue, preventing proper function which further inhibits gas exchange and disrupts breathing.

*Occurs about 10 days after initial injury

Stage 3:

Recovery of lung function. Lungs attempt to reorganize and heal. Extent of recovery depends on initial cause of ARDS and can widely vary.



Stage 3 cont.

*6 months to 1 year. Some patients can experience residual effect indefinitely.

One Day Sample Diet

Oxepa has been shown to be the most effective enteral nutrition product, and would make the majority of a patient's total calories.

