



IMPLEMENTATION OF AN UPPER GI PATHWAY ON DIETARY PROGRESSION POST-OESOPHAGEAL STENT INSERTION

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01 Introduction

Dietetic intervention post-oesophageal stent insertion is vital. Elective admissions for an oesophageal stent insertion are a day case procedure and usually a short-term stay. The following issues were arising:

- Delay in discharges due to no dietetic cover at the weekend
- Increased risk of re-admissions with a blocked stent or further malnutrition
- Lack of consistency on the dietary advice post-oesophageal stent insertion from the surgical/medical teams and nursing staff
- Confusion among catering staff about the correct meal consistency to give patients.

2023 & 2024:
Upper GI Team
41 oesophageal stent insertions

February 2025:
Upper GI Dietitians proposed
introducing a dietary pathway

02 Objective

The aim of this pathway was to collaborate with the multi-disciplinary team (MDT) to help improve patient care and safety, reduce length of hospital stay, and avoid re-admissions.

Thanks to the Upper GI doctors and nurses, and endoscopy nurses for their support in the implementation of this pathway.

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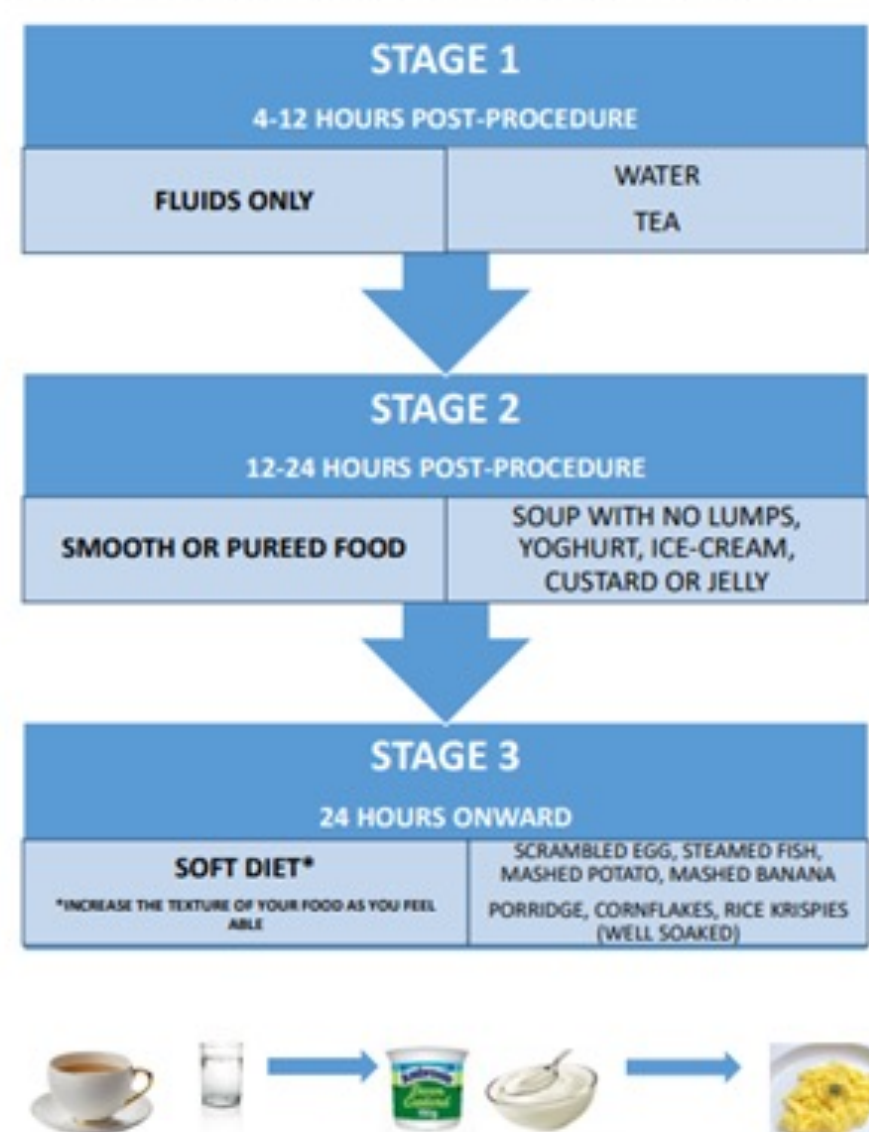
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03 Methodology

The Upper GI Dietitians presented the pathway to the Upper GI Surgeons, SPR's and nurses who suggested timelines for commencing fluids and diet post-insertion. The endoscopy unit Clinical Nurse Manager helped co-ordinate the educational sessions for the endoscopy nurses.

04 Results

DIETARY PROGRESSION POST-OESOPHAGEAL STENT INSERTION



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05 Conclusion

Implementation of the pathway and training on the pathway by the Upper GI Dietitians is still ongoing.

06 Recommendations

- Highlight to surgeons at quarterly Upper GI MDT service review
- Further education with endoscopy nurses, ward nurses and catering staff