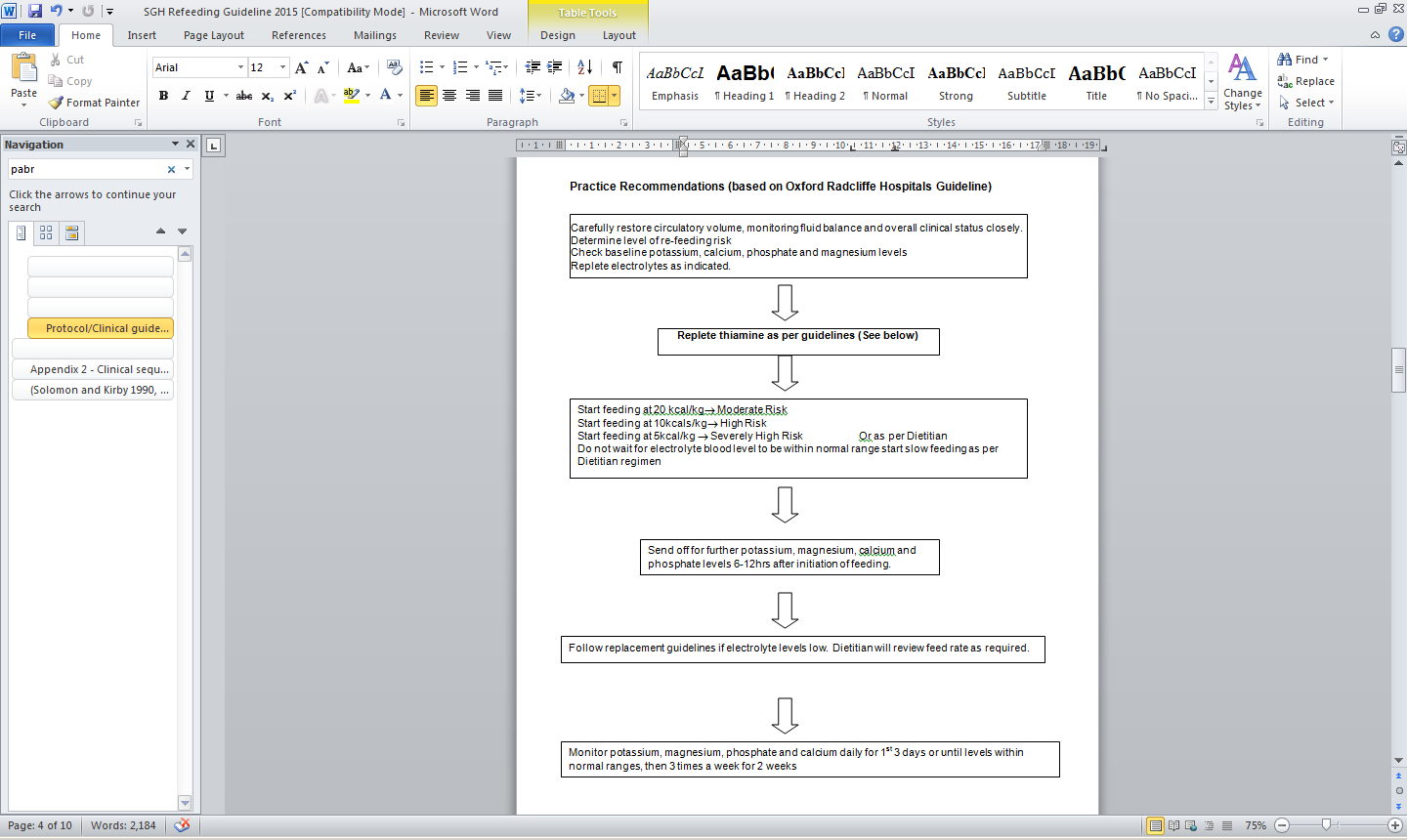
Figure 1: Identifying Refeeding Risk

|  |  |
| --- | --- |
| **Identifying Refeeding Risk** | |
| **At Risk** | * Very little intake for greater than 5 days |
| **High Risk** | ***The Patient has one or more of the following:***   * BMI less than 16kg/m2 * Unintentional weight loss greater than 15% within the previous 3-6 months * Very little nutritional intake for greater than 10 days * Low levels of potassium, phosphate or magnesium prior to feeding   ***Or the patient has two or more of the following:***   * BMI less than 18.5kg/m2 * Unintentional weight loss greater than 10% within the previous 3-6 months * Those with very little intake for greater than 5 days * A history of alcohol abuse or drugs including insulin, chemotherapy, antacids or diuretics (interpret with caution) |
| **Extremely High Risk** | ***The patient has either of the following:***   * BMI less than 14kg/m2 * Negligible intake for greater than 15 days |

Figure 2: Old Refeeding Guidelines



**Pabrinex®/Thiamine** Replace Thiamine at least 30minutes prior to starting feeding (Stanga 2007)

|  |  |  |
| --- | --- | --- |
|  | Moderate risk of refeeding  (See criteria in Adult Nutrition Support Policy, appendix C) | High risk of refeeding  (See criteria in Adult Nutrition Support Policy, appendix C) |
| Patient on intravenous therapy only | High potency vitamins B & C (Pabrinex®) IV injection  Give ONE pair of ampoules ONCE a day for two days.  Administer in 100mls of sodium chloride 0.9% over at least 30mins. Please refer to Trust Smart Pump preparation guide if required.  (Patients with severe high risk of refeeding syndrome can be given 2 pairs up to 3 times a day. Please refer to NST for advice on these patients). | |
| Patient able to tolerate oral or enteral therapy | Thiamine 100mg, three times daily for 10 days with a multivitamin once daily until on full rate feeding. | High strength vitamins B & C (Pabrinex®) injection as above.  Followed by oral thiamine 100mg three times a day and a multivitamin once daily for a total of 10 days. |

Figure 3: Old Department Refeeding Guidelines Vs NICE GC32

|  |  |  |
| --- | --- | --- |
| **Old Guidelines Vs NICE GC32 recommendations** | | |
| **ST Georges Old Guidelines** | **Does NICE recommend?** | **Comments** |
| Determine Level of refeeding risk | Yes |  |
| Check calcium, phosphate, magnesium and potassium | No | Does not recommend to check calcium levels |
| Start feeding at 5/10/20/ kcal/kg | Yes |  |
| Nil By Mouth (NBM) patients:  High potency vitamins B & C (Pabrinex®) IV injection  Give ONE pair of ampoules ONCE a day for two days. | No | NICE recommends to give for 10 days |
| Non NBM patients:  High strength vitamins B & C (Pabrinex®) injection  Followed by oral thiamine 100mg three times a day | No | NICE recommends prescribing: Vitamin B co strong 1-2 tablets three times day and Thiamine 200-300 mg daily. Prescribing IV medications when the patient can have oral medications is not cost effective. |
| Send of for further potassium magnesium, calcium and phosphate 6-12 hours after initiating of feeding | No | This is impractical. NICE suggests checking Magnesium, Potassium and Phosphate until in normal range |
| Follow replacement guidelines of electrolyte levels are low. | Yes |  |
| Dietitian will review feed rate as required | Not covered in NICE | Implied guidelines are only for tube feeds and not patients who eat orally |

Figure 4: Cost of Refeeding Medication

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ​Preparation | ​Pack size | ​Price per pack  (SGH) | ​Price per dose | Cost for 3 days  old guidelines  (excluding multivitamin) | Cost for 3 days New guidelines  \*Lowest dose\*  (excluding multivitamin) |
| ​Abidec | ​25ml | ​£4.42 | ​1.2ml = 21 p |  |  |
| ​Valupak | ​28 tablets | ​£3.99 | ​1 tablet = 14 p |  |  |
| ​Sanatogen A-Z | ​30 tablets | ​£2.56 | ​1 tablet = 9 p |  |  |
| ​Pabrinex | ​6 pairs | ​£18.01 | ​1 pair = £3.00 | 1 pair/day£9 |  |
| Thiamine | packs of 100 x 100mg tablets | £4.54 | price per 100mg dose = 4.5 p |  | 100 mg BD/day = 9p per day  Over 3 days = 0.27p |
| Vitamin B Co Strong | packs of 28 tablets | £4.14 | price per tablet = 15p |  | 1 tablets TDS/ day = 3 tablets = £1.35  Over 3 days = £4.05 |

Figure 5: Refeeding Guide for Doctors: Bloods and Prescribing

Figure 6: Pabrinex/Thiamine prescription in first 24 hours

Figure 7: Baseline Bloods Replacement

References

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