

# MULTICENTRE PILOT STUDY ASSESSING THE OUTCOMES OF THE GUT SYMPTOMS IN NEUROLOGICAL DISEASE MANAGEMENT (GUSTO) TOOL

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## INTRODUCTION

The Gut Symptoms in Neurological Disease Management Tool also known as the GUSTO tool was developed by a working group comprising of specialist dietitians and a physician in 2018 to support in identifying causes and management of gastrointestinal symptoms amongst patients with neurological conditions<sup>1</sup>. This pragmatic tool is being used for providing guidance for the management of enteral feeding intolerance in multicentre acute and community settings.

## AIM

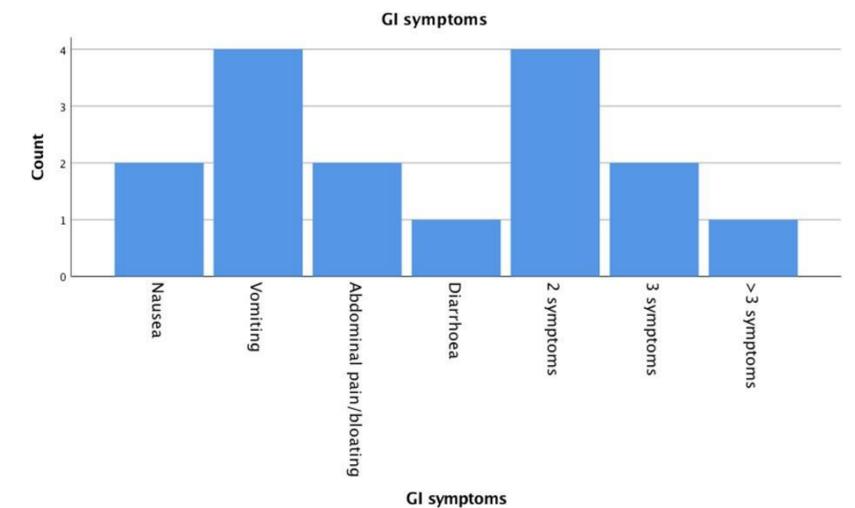
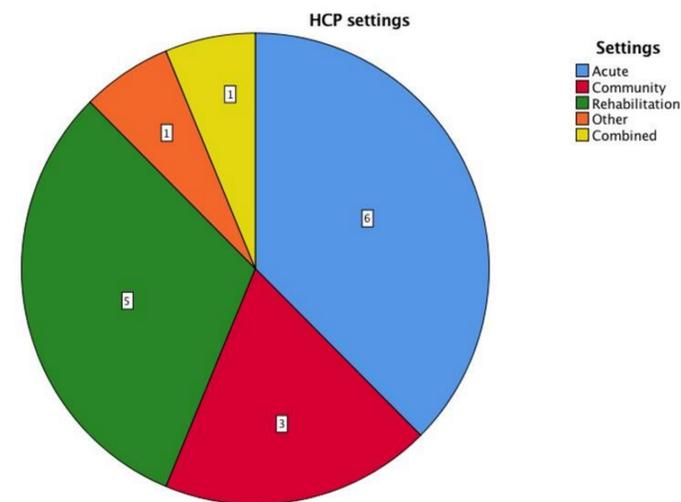
- Assess the usability of the tool by healthcare professionals in both inpatient and outpatient settings.
- Ensure the questionnaire successfully captures the efficacy of the tool in clinical practice, aiming to promote a common approach to the management of intolerance in this patient group.

## METHOD

- Study was completed retrospectively between August and September 2019 across three UK sites.
- Questionnaire was designed by an MDT and Nestle Health Science.
- Data was collected using multiple-choice questions, rating scales and free text.
- Approval for this service evaluation was gained from all three sites.

## RESULTS

- Cross-sectional data was collected on tool users and patients (n=16). Tool users were health professionals working across acute (n=6), rehabilitation (n=5) and community (n=3) services.
- Patients included in this study with stroke (n=8), traumatic brain injury (n=4), non-traumatic brain injury (n=1) and other conditions (n=3).
- Vomiting (n=10) and diarrhoea (n=9) were the most commonly reported symptoms.
- Twenty-five per cent of patients experienced two symptoms of which vomiting, and diarrhoea was the most predominant combination.
- Over 50% of patients reported a reduction in discomfort, diarrhoea and vomiting episode; and over 60% of tool users reported a saving of nursing and dietetic time.



## CONCLUSIONS

The application of the GUSTO tool in patients with neurological conditions indicated an improvement in patient reported symptoms and potential saving of MDT time.

## REFERENCES

- Emmanuel A, et al. Gastrointestinal symptoms in enterally fed adults with neurological conditions. A multidisciplinary tool to aid management, accessed 19 May 2021: [https://www.nestlehealthscience.com/sites/default/files/asset-library/documents/adult-enteral-nutrition/publicationscommercial/nhs01550\\_nhs\\_peptamen\\_decision%20tree\\_final\\_hr.pdf](https://www.nestlehealthscience.com/sites/default/files/asset-library/documents/adult-enteral-nutrition/publicationscommercial/nhs01550_nhs_peptamen_decision%20tree_final_hr.pdf)

## ACKNOWLEDGEMENTS

We would like to thank Emma Carder, RD, initially involved in this project and data collection at The Walton Centre

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