

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 conditions¹. This pragmatic tool is being used for providing guidance for the management of enteral feeding intolerance in multicentre acute and community settings.

AIM

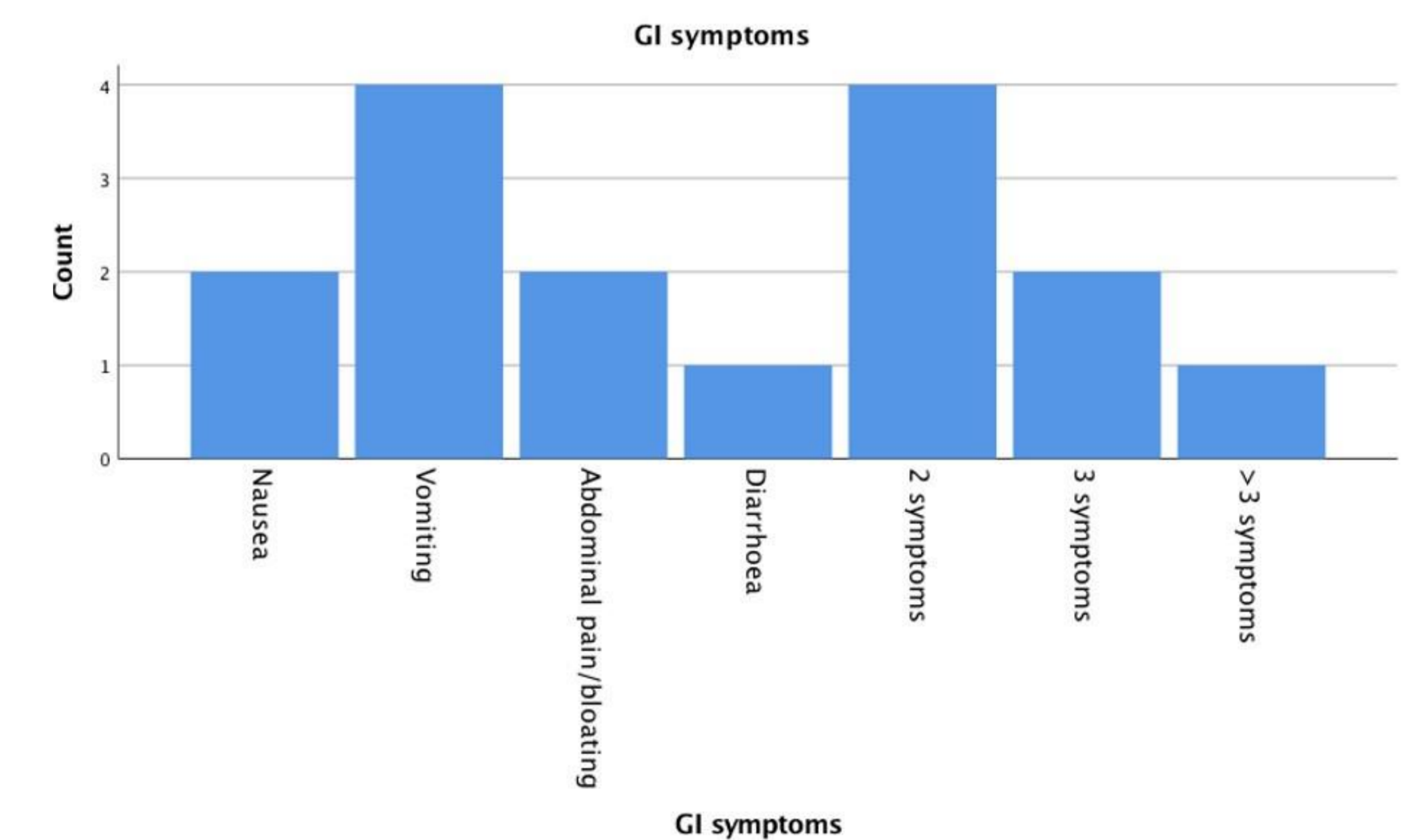
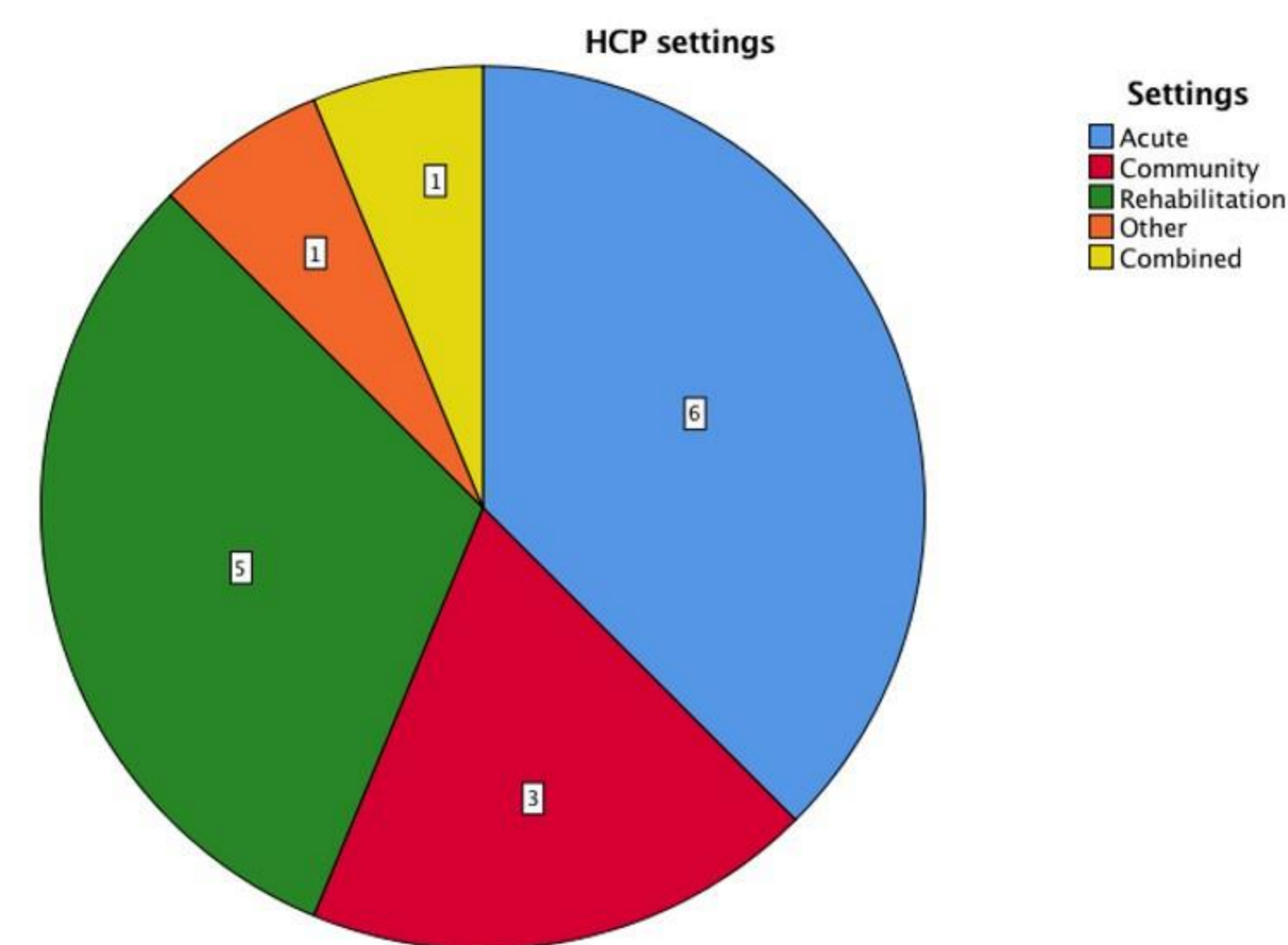
- Assess the usability of the tool by healthcare professionals in both inpatient and outpatient settings.
- Ensure the questionnaire successfully captures the efficacy of the tool in clinical practice, aiming to promote a common approach to the management of intolerance in this patient group.

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

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