

Title

Home replacement of Percutaneous Endoscopic Gastrostomy (PEG): 10 years of activity

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Background and aims

PEG represents the method of choice for long-term enteral nutrition (NE) in patients with intact gastrointestinal function. It is a simple, reversible, low-cost method with a low incidence of complications. It is replaced one year after its positioning with a feeding tube or button with a balloon, which in turn is replaced every 3-6 months even at home.

The purpose of this analysis is to evaluate the safety and cost effectiveness of home PEG replacement.

Methods

Since May 2011, our Clinical Nutrition and Dietetics Service (CNDS) has provided for the home PEG replacement of bedridden patients and / or patients with severe mobilization difficulties and living in the area of the ASST Melegnano and Martesana. The replacement is proposed by the general practitioner and sent, through home nursing care services, to our CNDS which arrange the home visit of a physician and a nurse.

Results

From May 2011 to May 2021, 710 PEG replacements were carried out at home for a total of 222 patients, 41% M 59% F, with an average age of 72 years; patients have 98% neurological and 2% oncological pathology. Foley-type feeding tubes or buttons with a gauge from 16 to 24 Fr were used. No major complications related to the procedure were recorded. The account of the services performed has a total fee of 108.65 euros per access.

Conclusions

Home PEG replacement is safe and effective; it must be carried out by trained staff with standardized protocols; it has a favorable impact on the patient's quality of life, avoiding the transfer to hospital without increased complications.