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Nasogastric tube insertion and nasoenteric tube insertion with popsicle ingestion: Peixoto technique

Soraia Samira Peixoto Queirós and Rachel de Carvalho
Hospital Israelita Albert Einstein, Brazil

The discomfort experienced by the patients at the time of nasogastric and nasoenteric tube insertion, the contact of the device in the oropharynx mucosa, stimulating the reflex of vomit, as well as the hyposalivation caused by the stress to which the patient is being submitted, makes the swallowing process difficult which is essential to tube insertion technique. The objective of this study was to evaluate the nasogastric or nasoenteric tube technique with popsicle ingestion and to compare the occurrence of discomfort during the insertion with this technique and the traditional method. It was an interventionist, controlled clinical trial type, randomized, and parallel study with quantitative data analysis. The study was developed in an extra hospital in the units of clinical surgery. In CG, 90% of the patients reported some discomfort and in EG, this proportion was only 10%. The majority (90%) of patients who did not use the fruit popsicle (CG), presented discomfort (anguish, nausea, suffocation, vomiting and breath shortness) and 10% of patients in the fruit popsicle group (EG) presented discomfort (vomiting); all (100%) EG patients reported that the fruit popsicle helped in the swallowing of the tube and reduced the occurrence of discomfort. All the patients (100%) of EG would recommend the tube insertion using the fruit popsicle technique. The tube insertion technique with introduction of popsicle fruit is a tool that facilitates the daily practice of bedside nurse, as well as patient's experience in relation to tube insertion procedure.

Biography

Soraia Samira Peixoto Queiros holds a Postgraduate Degree in Nursing from Centro Universitário São Camilo, Postgraduate Degree in Child and Adolescent Health from the Medical School of USP and a Master's Degree in Nursing from Albert Einstein College of Sciences and Health. She is Coordinator of the Medical Clinical Surgical Unit directed to Gastroenterology at Hospital Israelita Albert Einstein with development of several scientific projects focused on the quality of nursing care.

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