

ESPEN guideline on home enteral nutrition

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Standards and Guidelines

Primary Care

Small Intestine & Nutrition

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An ESPEN guideline provides 61 recommendations on the indications, implementation, and monitoring of home enteral nutrition for physicians, nurses, dietitians, pharmacists, caregivers, and patients.

KEY POINTS

- The guideline addresses indications and contraindications for home enteral nutrition, relevant access devices and their use, recommended products, monitoring protocols, criteria for termination, and structural requirements for implementation.
- Recommendations were developed using the SIGN method based on meta-analyses, systematic reviews, and clinical trials evaluated according to the PICO format.
- Home parenteral nutrition is excluded from this guideline and will be addressed in a separate ESPEN publication.
- The guideline was commissioned and financially supported by ESPEN with guideline group members selected by the organization.
- Healthcare professionals managing patients with conditions including Crohn's disease and ulcerative colitis requiring nutritional therapy would benefit from this guideline.

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