



Chuukese

Tube Feeding

“I’ve been asked to decide about a feeding tube...”

Making a decision about a long-term feeding tube for yourself or for someone you love may be challenging and emotional. Those who have faced a similar decision have told us that having honest answers to their questions was most helpful.

HOWEVER... Every situation is different... what may help someone with a short term correctable eating problem may not be best for long-term use for a person with advanced illness or age.

Mongo Non Tube

“**A or popporaus ai upwene ekiem won ei mettoch mongo non tube...**”

Ei ew ekiem an emon epwe aea tube ne mongo non aneitamen an manaw esapw ew mettoch mei mecheres ach sipwe finata pun sia tipeew ngeni pun epwene ina ussun nonnomwun emon aramasach ika pwan pusin kich. Ekkoch aramas minne ra fen piin sapeseni ei sokkun napanap non ar poraus ngeni kich pun mei och sipwe wenechar non met ponuwen ar kapas eis pun ina met epwe anisi fatafateochun ar ekiem.

NGE MEI EOCH SIPWE WEWEITI... Nonnomwun emon me emon aramas mei sokkofesen... ekkoch safei epwe tongeni or anisian ngeni emon an epwe angei non mwochomwochen fansoun ren weiresin osukosuken an mongo nge esapw or anisian ngeni emon me mei menei an epwene nomw won sokkun safei anein manawan akkaewin ekkun ir mi chou ar semwen ika ekkun ra nomw non ierin mwukono.

Kōkua Mau – A Movement to Improve Care
Kōkua Mau – Ew Angangangen Outekano Tumwunun Mei Samwau

What is a feeding tube?

Artificial nutrition and hydration is a way of giving liquid and nutrients to people who cannot eat or drink by mouth. Usually, for short-term artificial nutrition and hydration, a lengthy tube (called a nasogastric or “NG” tube) is put through the person’s nose and liquid food is put into the stomach. For long-term artificial nutrition and hydration, a tube may be put directly through the skin into the stomach called a gastric or “G” tube or PEG tube (Percutaneous Endoscopic Gastronomy) or the intestines (called jejunal or “J” tube). Sometimes fluids are given through a vein (IV).

Met wewen ei mettoch aea tube ne mwongo?

Mi or ekkewe sokkun mongo mi neene ese or masowan sia tongeni ngeni emon mi semwen nupwen ese chiwen tongeni tonong mwongo ika konik non awan. Napengeni, ika pun ese menei an emon epwe nomw won ekkewe sokkun mongo ese or masowan pun mi chok neene, iwe ina epwe aea ewe tube mei tam (sia kan eita ngeni “NG” tube) epwe pachonong non pwotun iwe a feitiw ngeni non nukan. Ika pun mi menei an emon epwene nomw won ei sokkun nikinikin mwongo anein manawan ren mwongo mei chok neene ese or masowan, iwe epwe pwangapwang nukan pun ikena ie epwe pachenong me ie ena tube sia eita ngeni “G” tube ika pwan PEG tube (Percutaneous Endoscopic Gastronomy ika Angangen Pwangen Nienu Mei Semwen Pun epwe Tongeni tonong Anan Mwongo Me Ie) ika ngeni non affan (sia eita ngeni ei “J” tube). Fanekoch sia pwan tongeni aea aifi (IV).

Who is helped most by having a feeding tube?

Those who function independently but are receiving chemotherapy or radiation for certain cancers and some stroke survivors in rehabilitation whose swallowing ability is expected to return may benefit from temporary feeding tubes.

Io epwe kon watte anisian ngeni ika e aea tube ne mwongo?

Ekkewe mi semwen iir mi tongeni pusin fori mettoch won ar nge iir mi nomw won safei ren kiimo (chemo)ika kek(radiation) ren ar semwenin kanser me pwan ekkewe mi pin torir strok iir mi chiwen angang ngeni ar repwe pochokun sefan pun mi fat pun repwe tongeni pwan niwin sefaniiti ne pusin tongeni oromi ika oromano ener, eni epwe eochutir ar repwe aea ekkewe tube aean chok non mwochomwochen fansoun.

When are feeding tubes less helpful?

When individuals lose their ability to swallow or lose interest in eating, this often represents progression of their disease. When this happens, the body is in a natural progression toward the end of life. This normal tendency for the body not to want to eat or drink helps the body to produce its own chemicals (called endorphins) to make itself more comfortable. Sometimes an elderly individual who has not been diagnosed with a disease still begins to lose interest in eating. If the person does not seem to be depressed and there is no other physical cause, this may be a natural process sometimes referred to as "Adult Failure to Thrive".

Epwe inet sipwe tongeni era pun ese chiwen namwot an emon epwe aea tube ne mungo?

Nupwen emon mi semwen ese chiwen tongeni epwe oromanong anan ika ese chiwen pwapwaiti an epwe mungo, wewen pun an iwe semwen a watteno ika cheeuno. Nupwen a kan fis ei sokkun, sia tongeni era pun a fetan ngeni an epwene tori pusin mwuchun an tongeni. Ei esin nikinik an emon esapw chiwen mochen mungo ika mochen uun mettoch a tongeni esenipa an meenun non inisin emonnewe epwene pusin awora ekkoch mettochun non inisin (minne sia kan eita ngeni endorphin) pun epwe tongeni mefi kinamwe ren. Fanekoch emon a nomw non ierin mwukono mei tongeni epwene pwan poputa an esapw chiwen pwapwaiti an epwe mungo inamwo ika ese or an semwen mi nonnomw won. Ika pun ewe aramas ese nikinik nge mi or met mei eweiresi non ekiekin ika ii won inisin ese mefi och sokkun semwen, iwe eni epwe tongeni ach sipwene era pun a pusin tori an fansoun apwangapwang ika "A Pusin Tori Koukun Pochokunan".

Will my loved one starve?

Some people fear that not providing a feeding tube means they are letting their loved one "starve to death". This is not true. Starvation occurs when a person whose body needs and can use the nutrients is deprived of food. When a person's body begins to shut down, they may be physically unable to adequately use nutrients that tube feeding would provide, and the chance for bloating and discomfort increases.

Esapw tongeni tori ewe mi semwen echik?

Non an ekkoch aramas weweiti pun ika ewe mei semwen ese aea tube ren an epwe mungo iwe wewen pun ra fangetani an attongeer iwe epwene "fitano an iwe echik". Ena ekiek ese pwung. Emon epwe tongeni mefi echik nupwen ii mi chiwen tongeni ika mi chiwen menei an epwe or mungo non inisin nge ese or met mungo e tonong. Nupwen a poputa kouno angangen kifetin non inisin emonnen, mi tongeni pun non inisin iwe esapw chiwen pochokun ngeni met sokkun chonun mungo epwe tongeni angei me non en tube, mi fen pwan tongeni esenipa an esapw chiwen kinamwe ren osukosuken asepanin non nukan.

What are some possible complications related to feeding tubes?

Feeding tubes may cause no problems, but some complications have been identified such as: bleeding (1%), infections and skin irritation (1-4%), leakage around the tube (4%), vomiting or nausea (9-10%), and diarrhea or cramping (12%). If the person has difficulty communicating it can be hard to tell if the tube feeding is causing discomfort.

Met ekan ekkoch osukosuk epwe tongeni fis ngeni emon mei aea tube?

An emon epwe aea tube ne mungo ese or met osukosukan, nge mei pwan or ekkoch osukosuk sia sinei pun mi tongeni fis: epwe meen seni cha(1%), paikin ika keet unuchan(1-4%), epwe sur awenewenen ewe tube(4%), mwus ika eningaw(9-10%), feissen ika mwet foun nukan(12%). Eni epwe weires ach sipwe sinei ika ewe mi semwen mei mefi osukosuken me weiresin an iwe tube ika pun ese chiwen tongeni fos.

Will a tube feeding prevent pneumonia?

Findings from several recent studies of individuals with late stage dementia or advanced terminal diseases show no evidence that pneumonia is prevented with a feeding tube. In some cases, pneumonia risk may be increased with feeding tubes.

Ika emon mi semwen e aea tube ne mongo epwe tongeni eppeteni seni an esapw tori nemonia?

Met sia kuna non ach kaeo ngeni won ekkewe mi urir semwenin dimensa(watte tipemonnuk ika rese chiwen miritii ar ekiiek) ika pwan won ekkewe mi chou ar semwen, ese mwo or ach sipwe kuna pun nemonia ese tongeni epwe uri emon mi aea tube ne mongo. Ren ekkoch mi semwen, mi fen tongeni mecheres an epwe torir nemonia ika pun ra tube ne mongo.

Does a feeding tube lower the risk for getting pressure ulcers or help them to heal if they are already there?

There is no evidence that tube feeding will prevent pressure ulcers (bed sores) or cause them to heal for those who are in advanced stages of a terminal illness. Increased production of urine and stool from tube feedings can increase the risk of skin breakdown.

Epwe tongeni weires an epwe ta ika kinas unuchen en mi semwen a chok kokkokon ika epwe fen pwan tongeni wesino taan ika kinasen unuchan iwe ren an epwe aea tube ne mongo?

Sise mwo kuna esissinan pun mi tongeni wesino kinasen ika taan unuchen emon mi semwen a chok kokkokon ika fen pwan eppeteni an esapw kinas me ta unuchan ren an aea tube ne mongo. Nupwen epwe watte an en mi semwen kiten konik me an kiten mongo ren an aea tube iwe mi fen pwan tongeni esenipa an epwe ta ika kinas unuchan.

Does a feeding tube improve comfort and prevent suffering?

For those with temporary swallowing problems from mouth or throat conditions, tube feeding may alleviate associated pain and provide short term nutritional support. In advanced dementia or Adult Failure to Thrive, the presence of a tube may cause agitation and attempts to pull it out. In some cases, this may prompt the use of restraints which decrease comfort. In the active stage of dying, continued tube feeding may cause fluid overload and make breathing more difficult.

Ewe tube epwe tongeni anisi an ewe mi semwen esapw mefi weires ika fen pwan anisi an epwe kinamwe?

Ew anen an en mi semwen esapw kon mefi metek ika an epwe mecheres tonongen mongo non inisin nupwen mi weires an epwe oromanong anan ren semwenin awan ika chioran, mi eoch epwe aea tube ne mongo. Ekkewe mi watte semwenin me rukorukun non mokurer me pwan ekkewe A Pusin Tori Koukun Pochokuner, ika repwe aea tube ne mongo iwe mi fen tongeni awora ar osukosuk ren ar repwe mochen utti ewe tube. Nupwen epwe fis ei, iwe ina sipwe fori met resapw tongeni ar repwe utti ewe tube ren nge epwene esenipa ar resapw mefi kinamwe. Ika pun a fetan ngeni soponon manawen ewe mi semwen, epwe watte weiresin an ngasangas ika mi chok chiwen sopusopono an aea tube ne mongo pun epwene kon watte chonuchon non inisin nge inisin ese chiwen pochokun ngeni.

What else should be considered when making a decision about a feeding tube?

It is hard to separate our love and respect for a person from what might be the best decision for that person. Any decision about tube feeding must be made with consideration of general health status and overall goals or care. Prevention of suffering should be a major standard for evaluating individual risks and benefits. Asking the question, "Will the benefit of a tube be significant enough to outweigh any risks and discomfort?" can be helpful.

Clarification of personal, religious and cultural values in the context of overall prognosis and life expectancy may aid decision making.

Met mi auchea sipwe chechemeni nupwen epwe tori fansoun ach sipwene finata ika ewe mi semwen epwe nomw won tube ren an epwe tongeni mongo ika esapw?

Nupwen sipwe finata mettoch faniten ewe mi semwen, mi kan weires ach sipwe eimwufesenni tongen me auchean ewe mi semwen seni met ururun minne epwe kon peekeoch ngeni ewe mi semwen. Ika epwe or popporaus ren an emon epwene aea tube, mi auchea sipwe nengeni unusen nonnomwun ewe mi semwen ren pochokunen inisin tori met aneanich ren peekin tutumwunun. Ika sipwe nengeni metekkewe peekeochun me peekingawan iwe sipwe chechemeni pun auchean sipwe kutta met ewe mi semwen esapw weires me riaffou ren. Mi eoch sipwe onomwu non ekiekich ei kapas eis, "Epwe ifan peekingawan kewe ika peekeochun kewe epwe kon watte neerasan ika ewe mi semwen e aea tube ne mongo?"

Mi auchea epwe pwan affat met ach nukuu ren pusin kich won inisich tori ach namanam me eoreni pun ina met epwe pwan anisi fatafateochun ach finata ren faniten ewe mi semwen.

What choice do I have if I decide not to have a feeding tube?

For those who still have some swallowing ability, careful hand feeding may be tried. Small amounts of favorite foods may be offered. For those who are not taking food and fluids, maintaining excellent mouth care and providing ice chips or moist swabs will alleviate dry mouth and promote comfort. This is a time for intensive individualized comfort care.

Met ekkam mi tongeni ai upwe pwan fori me nukun ai upwe aea ewe tube ne mongo ika uwe finata pun usapw aea?

Ren ekkewe iir mi chiwen ekis tongeni ar repwe oromanong ener, mi tongeni repwe sotuni an emon epwe amwongonir akkaekis mongo. Ir mi tongeni sotuni ekis me ekis sokkun mongo re kon kan sani. Ren ekkewe rese chiwen tongeni mongo me uun mettoch, mi auchea epwe tumwun nimeochun non awer pwan awora fansoun repwe nuunuu ais mi kata me pwan ottuku awer ngeni mangaku mi chechen pun epwe eppet i an epwe kon pwas awer me anisi ar repwe ekis mefi kinamwe.

Is there more to know or do?

Your wishes for tube feeding should be indicated on your Advanced Directive and/or your POLST (Provider Orders for Life Sustaining Treatment). Information about Advanced Directives can be found at: kokuamau.org/resources/advance-directives. POLST information and the POLST form, which must be completed by a physician and an advanced practiced registered nurse (APRN), or a physician assistant (PA) licensed in the state of Hawai'i, can be found on the Kōkua Mau website: kokuamau.org/polst

This document and resources in other languages, such as Advance Directives or POLST, are available from your healthcare provider, doctor, or health insurance company or on the Kōkua Mau website at: kokuamau.org/languages.

Mi pwan or ekkoch mettoch mi menei ai upwe sinei ika fori?

Met ekkam aneanumw ren faniten an emon epwe nomw won tube ne mongo ika kopwe tori ena koukun epwe affateti non ena taropwe kopwe amasowa itan Advanced Directive (ena taropwe epwe affata met omw mochen ika ka nomw non koukun omw kosapw chiwen tongeni pusin finata mettoch won omw) ika pwan noumw ina taropwen POLST(an tokter mochen ren tutumwunun en mi semwen an epwe tongeni manawetam). Ka tongeni kutta porausen Advanced Directive me won: kokuamau.org/resources/advance-directives. Ren porausen POLST fengen me ena taropwen POLST epwe ammasou, minne epwe ammasou me ren emon tokter ika pwan emon kangof mi kaeo ngeni ei peekin (APRN), ika emon kisin fan tokter mi or noun naisen seni mwuun Hawai'i, ka tongeni kuna me won an Kōkua Mau ina website: kokuamau.org/polst.

Ka tongeni angei ekkei sokkun taropwe, awewe ren taropwen Advanced Directive ika POLST, ika fen pwan taropwen ekkoch sokkun aninis mi kawor non fosun ekkoch fonu me ren omw iwe nenien safei, noumw iwe tokter, ika omw iwe insurans ika won an Kōkua Mau ina website kokuamau.org/languages.



Ph: (808) 585-9977 • kokuamau.org • info@kokuamau.org
Kōkua Mau • P.O. Box 62155 • Honolulu HI 96839
Ekkei poraus sia angei seni met kich mi kuna seni ewe Coalition of
Compassionate Care of California CoalitionCCC.org