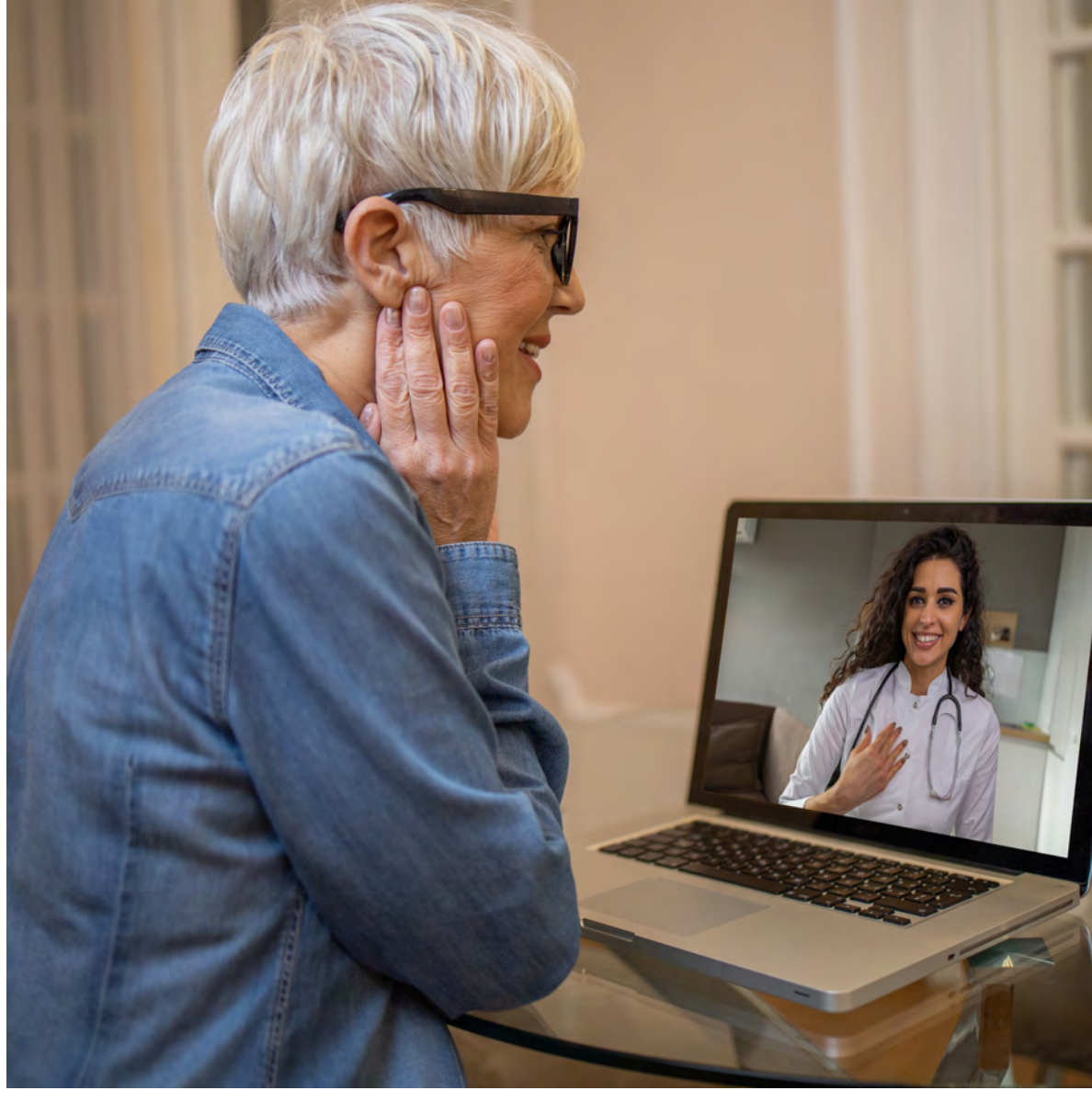


# INNOVATIVE DIGITAL RESOURCES BY NHS FIFE'S NUTRITION AND DIETETIC SERVICE

Abbott services Articles



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**Abstract:**  
In response to the COVID-19 pandemic, the NHS Fife Nutrition and Dietetic Service was focused on developing accessible enteral tube-feeding digital resources, aligning with a growing trend in online clinical content consumption and also the Scottish Government's vision within the Digital Health and Care Strategy<sup>1</sup>.

To do this, they utilised innovative video-sharing platforms to engage with patients and carers and enhance skills and shared practice amongst their teams. These unique resources were pivotal in their achievement of the BDA Extraordinary Circumstances Award in 2022.

This article, written by members of the dietetic service, explores the creation of these resources in more detail, their learnings and key takeaways, as well as the positive feedback they have received from professionals, patients and carers.

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## Developing innovative digital clinical resources in an increasingly online world

In response to and learning from the COVID-19 pandemic, the focus of NHS Fife Nutrition and Dietetic Service was on developing more accessible digital resources, education and learning opportunities regarding enteral tube feeding.

The team wanted to align with the growing trend in the consumption of clinical information via online mediums, offering accessible resources to those who needed it. These resources would enable the acquisition of new skills, consolidation of current practices and the sharing of best practice using innovative and unique platforms, such as video, which would help to engage our target audience.

Thanks to our efforts, we won the **BDA Extraordinary Circumstances Award** for our COVID-19 Pandemic Response in 2022, with the development of our digital resources playing a vital role in this response.

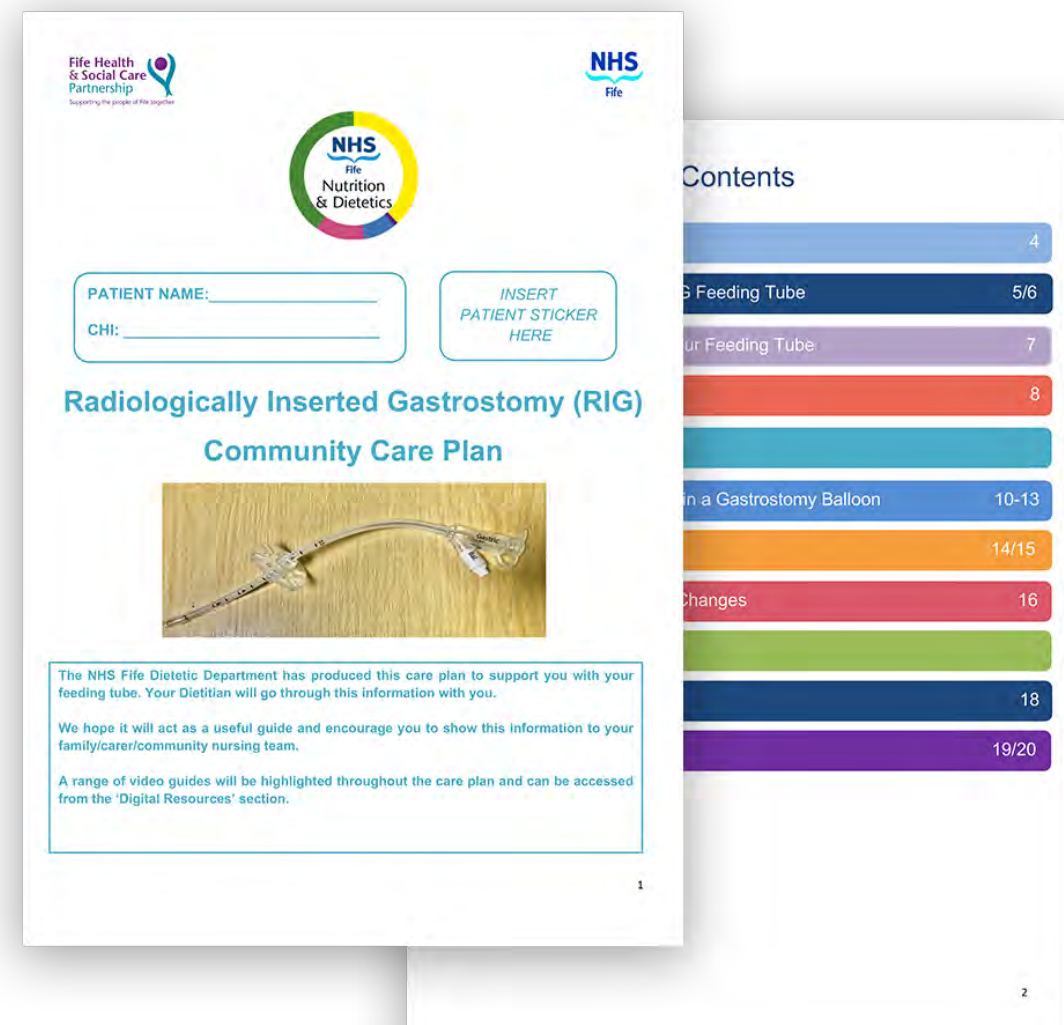
## Developing a portfolio of digital resources and training

A digital resource group relating to enteral tube feeding was formed by dietetic colleagues working in NHS Fife who have a shared interest, experience and enthusiasm to work innovatively. Our efforts and collaboration resulted in an array of digital resources and training materials.

To date, a portfolio of digital clips has been developed, focusing on aspects of tube care, stoma site care and enteral feeding.

Gastrostomy feeding tubes were the initial focus of this project due to higher patient numbers requiring this support. However, more recently, we have developed a nasogastric resource, and we are currently planning to create digital resources to support the management of nasojejunal and jejunostomy feeding tubes. To date, our efforts have primarily centred around the adult patient population.

We have also received assistance from NHS Fife's communications department, which allocated dedicated YouTube links for each video clip, ensuring easy access for healthcare professionals (HCPs), patients and their carers. Additionally, a QR code directing the audience to the videos was integrated into the training and care plans to ensure they were quick and easy to access.



## Developing digital tools: from idea to realisation

Among HCPs in the NHS and our partner organisations, there is an unmet need for further education regarding enteral tube feeding. This demand is compounded by the growing population of patients requiring enteral tube feeding and a concurrent requirement amongst HCPs to bridge their knowledge gaps. We aimed to address this by enhancing our training materials through the incorporation of easy-to-follow digital content, which could provide invaluable support for our staff, patients and carers.

Furthermore, since 2015, there is also an ongoing organisational requirement to provide enteral tube feeding training in accordance with NHS Scotland's Complex Nutritional Care standards.<sup>2</sup> The pandemic interrupted our ability to deliver in-person training sessions, prompting us to reconsider the best approach to providing future training. As a result, we have successfully redesigned our practices and embarked on creating of a comprehensive suite of digital training resources.

The overarching concept, therefore, revolved around creating video clips that would complement the written information included in patients' and caregivers' care plans to offer visual support and information that is easy to follow.

An awareness of digital exclusion remained at the forefront of the development process. As a result, the care plan still included comprehensive information for the patient about their enteral feeding tube, ensuring they had all the necessary details. However, we additionally embedded QR codes and web links to video clips which would compliment the written information instead of which would act as an additional resource for individuals who find digital information useful.



## Delivering best practice via digital resources

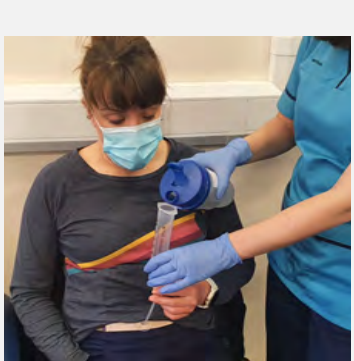
By developing digital enteral tube feeding resources and redesigning training in relation to this, NHS Fife Nutrition and Dietetic Service are committed to working towards a 'Once for Scotland' model and approach, which aims to deliver best practice in a digital format.

The inclusion of video content in this context has the potential to extend our wider audience reach. Take, for instance, our digital clip titled 'Enplugs – a visual guide', which is a resource that has garnered national recognition.

Moreover, these digital resources carry the potential to reduce the necessity of escalating enteral tube-related issues to other healthcare settings, such as acute care, helping to improve efficiencies across all healthcare settings.

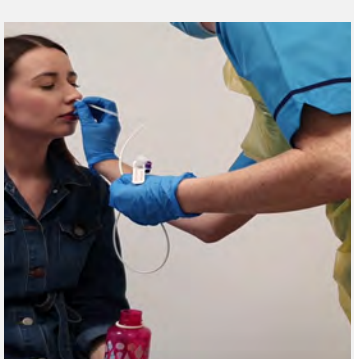
The informal feedback we have received thus far has been overwhelmingly positive, and we are immensely proud that these digital resources have had a resounding impact on HCPs, patients and carers alike.

## Testimonials



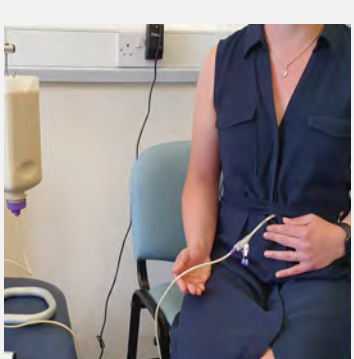
**Dietitian**  
Video clip: **Gravity bolus feed training**

"This is brilliant and was perfect timing for me before I went out to see my lady with a new PEG bolus feeding."



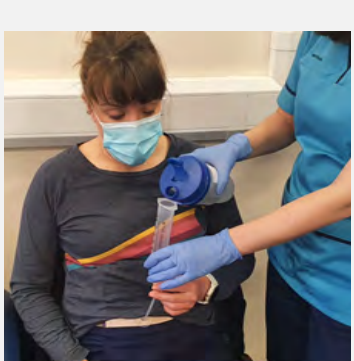
**District Nurse Team**

"My colleagues and I learn best by observing new skills and the video clips lend themselves well to this way of learning – they have been really useful."



**Parent**  
Video clip: **How to change the end of a PEG tube and How to replace a clamp on a feeding tube**

"Looked at the videos and they are perfect. Very clear audio with easy to follow instructions. I would be very surprised if anyone couldn't follow the instructions given. I don't feel so nervous now about the feeding tube."



**Patient**  
Video clip: **Gravity bolus feed training**

"That seems really straightforward. I like that you can actually see the feed and water going down the feeding tube."

## References

- Digital Health and Care strategy, 2021. Scottish Government. Available online at <https://www.gov.scot/publications/scotland-digital-health-care-strategy/pages/3/> Last accessed September 2023.
- Healthcare Improvement Scotland, 2015. Complex Nutritional Care. Available online at [https://www.healthcareimprovementscotland.org/our\\_work/standards\\_and\\_guidelines/stnds/complex\\_nutrition\\_standards.aspx](https://www.healthcareimprovementscotland.org/our_work/standards_and_guidelines/stnds/complex_nutrition_standards.aspx) Last accessed September 2023.

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