Proposal for a Work-Based Project

Research and Work-Based Project

Title:

An Information Booklet to Aid Distal Feeding in Patients Awaiting Bowel Continuity Surgery

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Keywords:

Distal feed, Distal feeding, Bowel Continuity Surgery, Distally fed patients, Eternal feeding, distal gut, information booklet.

Aim

The primary aim of the research is to focus on enabling 100% of distally fed patients to confidently manage the process independently. Distal feeding is defined as the process of inserting the feeding tube in the fistula or the stoma of the patient to administer the liquid feed in the distal bowel (Dilke et al., 2021). Currently, distal feeding is preferred for patients, who are unable to absorb the appropriate level of nutrition from orally eaten food.

Specifically, among the patients awaiting bowel continuity surgery, distal feeding is considered an appropriate approach. Bowel continuity surgery is also called Intestinal Anastomosis, which could be defined as the procedure under which surgery is performed to establish the communication between the formally distant portions of the intestine after the removal of the pathological condition which is affecting the bowel (Yao et al., 2016).

Evidence has suggested that early distal feeding is a viable procedure in comparison to the conventional feeding methods (i.e. awaiting the bowel function to be restored), because distal feeding is well tolerated by the patients, and also supports rapid wound healing and reduces the hospital stay after the surgery (Weimann et al., 2021). It has been further argued that distal feeding helps in reducing post-operative complications by indirectly enhancing the local immune response in the gut (Grainger et al., 2018). The benefits of distal feeding are widely reported by scholars, which include adequate absorption of nutrients, reduction in

intestinal output (which is important to protect from intestinal failure), improvement in nitrogen coefficients, improvement in the nutritional status as well as a significant reduction in the liver function abnormalities (Picot et al., 2017). However, the main aspect of distal feeding among patients awaiting bowel continuity surgery is to prepare them to independently manage distal feeding (Bischoff et al., 2020).

Rationale

Distal feeding is an important procedure for directly administering liquid feeding for patients who are unable to appropriately digest the oral feed (Dilke et al., 2021). This project aims towards developing an informational booklet about distal feeding for patients who are awaiting bowel continuity surgery. An informational booklet is an important element associated with educating people or offering them health education so that their self-management skills could be improved. The importance of an information booklet has been

identified in various studies, such as one conducted by Cuthbert et al (2019) identified that the information booklet helped patients in developing coping skills and self-management of their condition. It has been known that when patients who are on distal feeding are discharged from the hospitals, their family members or carers are trained to feed the patient or care for the tube (NHS, 2020). Secondly, the patient only receives an equipment list and contact numbers on discharge, rather than a comprehensive distal feeding guide. For patients who might be suffering from rectal cancer, congenital anomalies, or those who are unable to consume an appropriate level of nutrients and await bowel continuity surgery, distal feeding is very important. Due to chronic conditions, the human body is not able to absorb an appropriate level of nutrition through oral feed. Thus, distal feeding is recommended as the viable option to prevent post-surgery complexities, morbidities and early mortalities, as well as an extended hospital stay. Therefore, the rationale behind this research is to enable 100%

of the patients to self-management of distal feeding at home through knowledge gained through an information booklet.

Evidence Base

Any research question framed to understand about a particular phenomenon must have an evidence base. In a research study, it was concluded that distal feeding or Fistuloclysis has to be prescribed to patients who have downstream bowel. The multidisciplinary team and the patient and their caregivers have to be involved in the decision of independent distal feeding. Evidence suggests that there needs to be more research on optimising the efficacy of the patients to be more independent (Small & Culkin, 2020). In another study, it was suggested that before discharging the patient, the nursing team should be involved to educate the patients on how to care for the tube, and how to administer the feed by themselves. The patients have to motivate and reassured that distal feeding is a procedure used ahead of the surgical procedure to restore bowel continuity and optimise bowel functions (Nagar et al., 2018). The method of distal feeding has to be tailor-made for each patient's needs, thus an information booklet regarding the same is required (NHS, 2020).

Rationale for Methodology

This work-based project can also be considered a temporary process undertaken to bring an improvement or an improved product to enhance existing products or services (Manchester Metropolitan University, 2019). Therefore, such a project requires an element of change within the organisation, appropriate identification of all the stakeholders associated with the project, and also require the project manager to manage the project through the different stage to achieve project objectives (Miller and Volante, 2019). Therefore, this project mainly employs the Driver Diagram methodology that would support systematically identifying the primary and secondary interventions that would be conducted to achieve the project aim. The project management methodology will focus on identifying the project team, organisational

leaders and other important stakeholders, who influence the cost or budget of the project, and the size of the team.

The main aim of utilising the driver diagram in the research is to present a refined aim, which specifically supports systematically presenting service improvements by identifying the key drivers. Thus, the methodology involves the identification of the appropriate project aim, primary drivers, secondary drivers and interventions that would be applied to achieve project aims and objectives. According to Stephens et al (2019), a driver diagram is identified as a simple yet visual tool that allows the project manager to systematically plan, structure and implement the improvement project. According to NHS England (2022), the Driver Diagram methodology allows the project manager to display the cause and effect with systematic inclusion of all stages of change. The purpose of this project is also to improve the existing service delivery, reduce post-operative complexities and reduce patient hospital stays. Evidence has informed that patients' health education and knowledge become the main element in improving their self-management abilities and also improving their health outcomes (Santana et al., 2018).

Therefore, the Driver Diagram is very effective in terms of communicating the appropriate project aim and the service improvement that is required to be achieved. On the other hand, this model also supports the identification of different stakeholders and their role in the successful implementation of the change, thus it employs the important features of the programme theory (IHI, 2019). Another significant benefit of employing the Driver Diagram methodology is that it directly communicates with the stakeholders and explains what project is going to test, and implement to bring service improvement (Picarillo, 2018). This model also supports ensuring that every stakeholder involved in the project has a clear idea about the goal and what would be their contribution to achieving success (Picarillo, 2018). Therefore, the Drive Diagram displays the relationship between the project aim and the key

drivers, which are considered the primary drivers. The primary drivers are further divided into the various components identified under secondary drivers and display the specific change idea that is intended to achieve.

Driver diagram explains that the project aims to focus on enabling 100% of distally fed patients to confidently manage the process independently, understanding the perspective of the patients about benefits and challenges in managing distal feeding, and developing a comprehensive information booklet that would support patients to understand the management of distal feeding process, so that they could carry out it independently. One of the advantages of this methodology is that a simple visual structure allows people to identify where their perspectives could differ, and what could be barriers and challenges could occur along the way (Coughlin and Posencheg, 2019). However, an audit can be done at different stages to measure the impact of the innovation and required quality improvements can be done.

Driver diagram methodology will support to guide intervention. It informs about the primary and secondary drivers that are intended to achieve the intervention's success. Implementation of any new program or intervention requires the effective engagement of all identified stakeholders and their roles as well as resources that would be required for successful implementation. For example, appropriate knowledge of patients is important for enhancing their ability to self-manage distal feed and display less resistance. This will also be significant to reduce the burden on family members and carers. Thus, a well-prepared staff would be supportive in achieving patient knowledge, displaying higher engagement and making intervention successful.

Stakeholder Map

Stakeholder mapping is an important part of the project management process. A stakeholder map allows identifying all the internal, external, direct and indirect stakeholders that could be influenced or affected by the project improvement (Uribe, Ortiz-Marcos and Uruburu, 2018). For example, the main internal stakeholders are those who are directly from within the organisation and have high power and interest in the improvement project. According to Freudenreich, Lüdeke-Freund, and Schaltegger (2020), stakeholder engagement is one important element of project management, which allow for identifying the relationship between different stakeholders, and also allows for identifying their power within the map. However, it is further identified that achieving complete stakeholder engagement within a project is highly complex, as the different stakeholders have competing expectations and interests, which may be a challenge in achieving the project success (Freudenreich, Lüdeke-Freund, and Schaltegger, 2020). Identification of different powers and interests of stakeholders is important to systematically structure the project, and consider what could be barriers and opportunities that could occur within the effective implementation of change (Civera and Freeman, 2019).

Conclusion

With the support of the Driver Diagram, research aim and goals were developed with clear identification of the stakeholders and required resources. Stakeholder engagement is identified as the key element for the success of the project. Through this essay, it is also identified that addressing challenges and barriers at different stages requires strict monitoring and an audit will support addressing barriers.

Driver Diagram

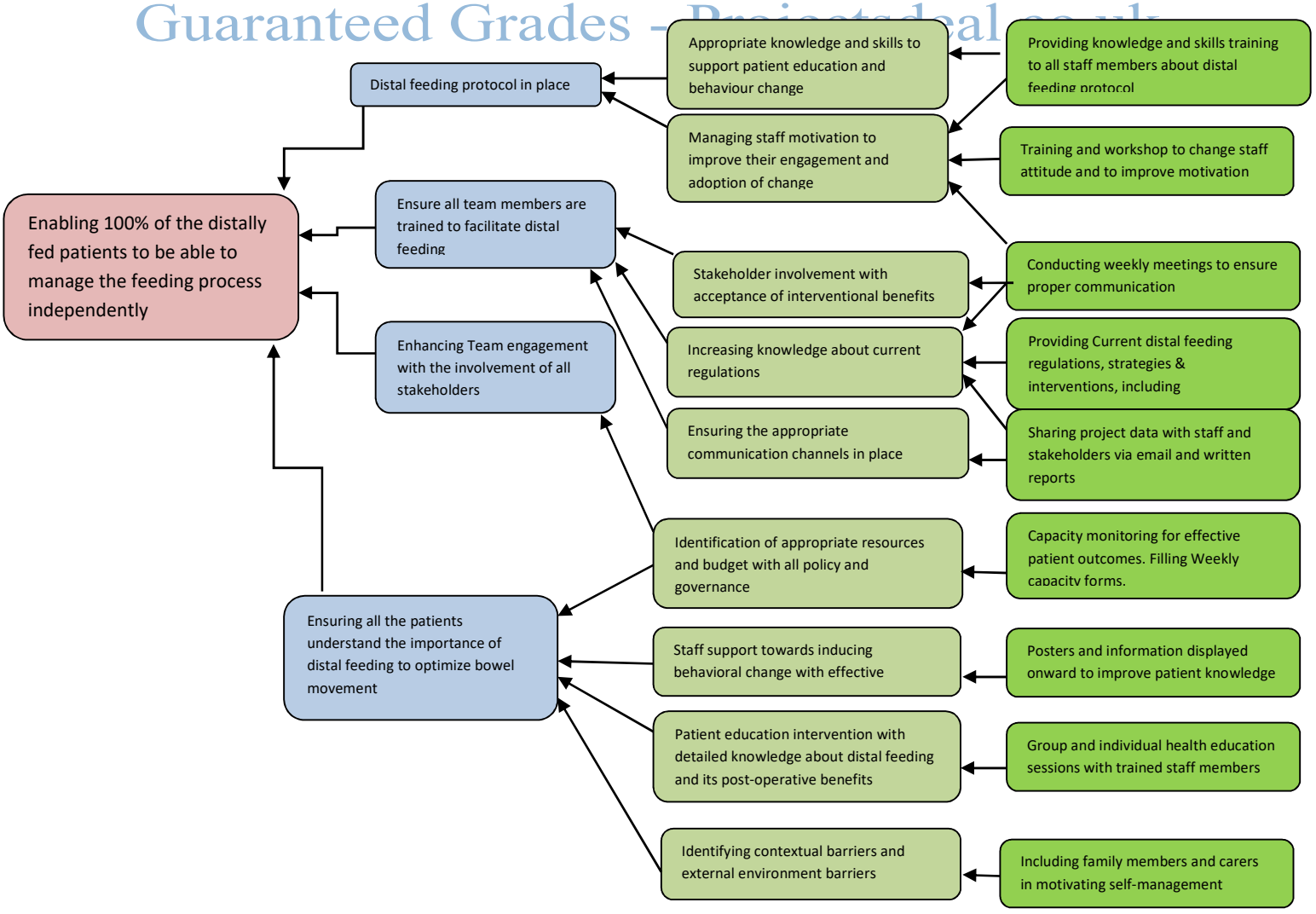

Diagram 1: Driver Diagram

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