Challenges in the nutritional management of patients undergoing Endoluminal Vacuum therapy (EVT) for upper gastrointestinal (UGI) leaks and perforations.

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**Background:**
EVT is a novel approach in managing UGI leaks – potentially negating the necessity for surgical intervention. Malnutrition is a known risk factor for leaks/perforations and subsequent poor healing. There is a lack of consensus on how to nutritionally manage this cohort optimally.

**Methods:**
- This was a retrospective analysis of UGI cancer resections, bariatric surgeries and benign disease patients, who received EVT between Sept 2018 and June 2023.
- This included the collection and analysis of patients’ pre- and post-operative nutritional parameters.

**Aims:**
To investigate the nutritional challenges that can occur in UGI patients undergoing EVT.
To highlight the need for the standardisation of guidelines through further research, for optimal patient outcomes.

**Results:**
- 31% (n=18) had >10% weight loss (IQR 2.4-30%) pre-admission.
- Median weight loss from admission to last sponge = 7.1% (IQR 2.4-30%).

**Demographic:**
- N= 59 (73% male; 27% female).
- 51% cancer; 30% benign; 19% bari.
- Feeding routes included JEJ (46%), PN (41%), PN+JEJ (12%), NG (2%).
- 88% discharged from hospital.

**Further Research:**
- Undertaking a prospective data collection can provide a better insight into the challenges facing this nutritionally vulnerable cohort.
- Policies and guidelines can ensure the homogeneity of nutritional management for best patient care and outcomes.