The role of different diets in children who are gastrostomy fed

Submission date	Recruitment status No longer recruiting	Prospectively registered		
01/04/2019		[X] Protocol		
Registration date	Overall study status Completed	Statistical analysis plan		
17/04/2019		[X] Results		
Last Edited	Condition category	[] Individual participant data		
15/01/2024	Other			

Plain English summary of protocol

Background and study aims

There are growing numbers of children living in England who require to be fed through a tube directly into the stomach (gastrostomy). The current professional recommendations in England are that formula feeds should be used when children are fed by gastrostomy, but there are growing numbers of parents who are choosing to feed their own children a more conventional diet of home-blended foods. This study aims to address a research gap by assessing the symptom profile (reflux, constipation, pain) and quality of life of children who are gastrostomy fed, comparing those who are formula fed and those who are predominantly fed a home-blended diet. The study will also examine the impact on parents' quality of life and explore costs to the families and the NHS.

Who can participate?

Children aged between 6 months and 18 years old (inclusive) who have a gastrostomy for nutritional purposes

What does the study involve?

There are two phases in this study.

Phase 1 involves interviews with parents and young people, and group discussions with health professionals, to explore the different diets that children receive and the resources (e.g. time, cost) associated with gastrostomy feeding. The study also identifies which outcomes (e.g. quality of life, complications with feeding, healthcare use) are the most important to measure for children with a gastrostomy, and how to measure these. The findings are used to decide what information should be collected from children and their families in phase 2.

Phase 2 is a study of children who are gastrostomy fed, some of who receive the recommended formula feeds and some of who receive a diet of home-blended foods. Information is collected from this group of children and their parents at the beginning of the study, and then again at 9 and 18 months, to compare the outcomes for children who receive formula feeds with those who receive home-blended feeds.

What are the possible benefits and risks of participating?

There are no direct benefits associated with taking part in this study. However, this study will provide important evidence about the risks and benefits associated with these different diets,

which will be used to improve the advice and support that is available to families, and also healthcare staff who support them. There is no risk to children who take part in this study because they are not asked to change their diet or the way they are fed, or to keep things the same if their feeding needs to change. It is possible that some parents who take part in the study experience distress as a result of talking about their child's gastrostomy, and the study team will ensure appropriate support is available.

Where is the study run from?

The study is being run by Dr Lorna Fraser and a team of researchers based in the Department of Health Sciences at the University of York. Families will be recruited from NHS services throughout England who provide nutritional care for children and young people with a gastrostomy.

When is the study starting and how long is it expected to run for? February 2019 to July 2023

Who is funding the study?

National Institute of Health Research (NIHR) Health Technology Assessment (HTA) programme (UK)

Who is the main contact?

Dr Julia Hackett, julia.hackett@york.ac.uk

Contact information

Type(s)

Scientific

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Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

Integrated Research Application System (IRAS)

253510

ClinicalTrials.gov (NCT)

Nil known

Protocol serial number

CPMS 41067, HTA 17/76/06, IRAS 253510

Study information

Scientific Title

The role of different diets in children who are gastrostomy fed; an exploratory sequential mixed methods study

Study objectives

What are the risks, benefits and resource implications for using home-blended food for children with gastrostomy tubes compared to currently recommended formula feeds?

Objectives:

- 1. To identify the important outcomes of gastrostomy feeding for parents, young people and health professionals
- 2. To assess the safety of home-blended diets for children who are gastrostomy fed compared to

liquid formula diets

- 3. To identify and quantify the benefits of home-blended diets compared to liquid formula diets for children who are gastrostomy fed and their parents
- 4. To identify and quantify the resources (family and statutory services) required to support home-blended diets compared to liquid formula diets
- 5. To assess whether long-term follow-up of children who are gastrostomy fed is feasible using routine data sources

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 20/03/2019, Yorkshire & The Humber - Leeds West Research Ethics Committee (NHSBT Newcastle Blood Donor Centre, Holland Drive, Newcastle upon Tyne, NE2 4NQ; Tel: +44 (0)207 104 8086; Email: nrescommittee.yorkandhumber-leedswest@nhs.net), ref: 19/YH/0028

Study design

Exploratory sequential mixed methods design

Primary study design

Observational

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Children who are gastrostomy fed

Interventions

Stage 1: Interviews of parents (n=20) of children who are gastrostomy fed, young people (n=5-10) who are gastrostomy fed, and relevant healthcare professionals (n=24-32) including paediatrician, dietitians and community nurses. The researchers will ask participants to identify important outcomes for children with a gastrostomy (e.g. symptoms, quality of life, safety, complications) and also explore the best way to measure these outcomes in this study.

Stage 2: 300 children who are gastrostomy fed and their parents will be recruited from children's health services and followed up for 18 months during which time the outcomes identified from stage 1 will be measured. Detailed clinical information (e.g. diagnosis, medications) will also be collected from the child's paediatrician and dietitian. The safety and risk of complications will be examined by asking parents about visits to A&E and hospital and also by examining hospital records. At the end of the study the researchers will compare the different outcomes, symptoms, complications, and costs between children who are formula fed and those who are mainly fed blended food.

Intervention Type

Other

Primary outcome(s)

Gastrointestinal symptoms measured using the PedsQL Gastrointestinal Symptoms module at baseline, 9 and 18 months

Key secondary outcome(s))

- 1. Child health-related quality of life measured using the PedsQL Generic module at baseline, 9 and 18 months
- 2. Parent health-related quality of life measured using the EQ5D-5L at baseline, 9 and 18 months
- 3. Dietary intake measured using parent-reported food diaries and using the MyFood24 dietary assessment tool at baseline, 9 and 18 months
- 4. Anthropometric measurements (weight, height/length, body mass index, mid upper arm circumference, multiple skin folds) measured at baseline, 9 and 18 months
- 5. Healthcare usage (appointments with paediatric and dietetic teams, emergency hospital admissions, GP attendance, A&E visits) measured at baseline, 9 and 18 months
- 6. Safety (parent-reported tube blockages, A&E or hospital visits to unblock or replace the gastrostomy device, gut or stoma site infections and antibiotics prescribed for these) measured at baseline, 9 and 18 months
- 7. Resource use (cost of feeds, including dietetic resources, cost of equipment to prepare feeds, time to prepare and administer feeds) measured at baseline, 9 and 18 months

Outcomes are subject to change based on the results of phase 1 of the study

Completion date

31/07/2023

Eligibility

Key inclusion criteria

Workstream 1:

- 1. Parents of children and young people (aged 6 months up to 18 years) who are fed via a gastrostomy
- 2. Young people aged 12-18 years currently using a gastrostomy and with no significant cognitive impairments
- 3. Health professionals, specifically paediatricians, dietitians, children's community nurses, and Speech and Language Therapists

Workstream 2:

Children (aged 6 months - 18 years inclusive) who receive all or part of their nutrition via gastrostomy tube, and their parent/guardian

Healthy volunteers allowed

No

Age group

Mixed

Lower age limit

6 months

Upper age limit

18 years

Sex

All

Total final enrolment

567

Key exclusion criteria

- 1. Children with a temporary gastrostomy
- 2. Infants up to 6 months and young people who are 19 years and older
- 3. Non-residents of England

Date of first enrolment

01/03/2019

Date of final enrolment

30/10/2021

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

City Hospitals Sunderland NHS Foundation Trust

Sunderland Royal Hospital Kayll Road Sunderland Tyne and Wear United Kingdom SR4 7TP

Study participating centre Poole Hospital NHS Foundation Trust

Longfleet Road Poole United Kingdom BH15 2JB

Study participating centre

Manchester University NHS Foundation Trust

Cobbett House Oxford Road Manchester United Kingdom M13 9WL

Study participating centre Birmingham Women's and Children's NHS Foundation Trust

Steelhouse Lane Birmingham United Kingdom B4 6NH

Study participating centre Shropshire Community Health NHS Trust

William Farr House, Mytton Oak Rd, Shrewsbury United Kingdom SY3 8XL

Study participating centre Cambridgeshire Community Services NHS Trust

Unit 3 Meadow Lane St. Ives United Kingdom PE27 4LG

Study participating centre Birmingham Community Healthcare NHS Foundation Trust

3, Priestley Wharf Holt Street Birmingham Science Park Aston Birmingham United Kingdom B7 4BN

Study participating centre Heart of England NHS Foundation Trust

Birmingham Heartlands Hospital Bordesley Green East Birmingham United Kingdom B9 5ST

Study participating centre Shrewsbury and Telford Hospital NHS Trust

Mytton Oak Road Shrewsbury United Kingdom SY3 8XQ

Study participating centre Wye Valley NHS Trust

County Hospital Union Walk Hereford United Kingdom HR1 2ER

Study participating centre The Dudley Group NHS Foundation Trust

C Block Russells Hall Hospital Pensnett Road Dudley United Kingdom DY1 2HQ

Study participating centre Worcestershire Health and Care NHS Trust

Isaac Maddox House Shrub Hill Industrial Estate Worcester United Kingdom WR4 9RW

Study participating centre Leeds Community Healthcare NHS Trust

Stockdale House 8 Victoria Road Leeds United Kingdom LS6 1PF

Study participating centre Somerset Partnership NHS Foundation Trust

2nd Floor Mallard Court Express Park Bristol Road Bridgwater United Kingdom TA6 4RN

Study participating centre

Solent NHS Trust
Solent NHS Trust Headquarters
Highpoint Venue
Bursledon Road
Southampton
United Kingdom
SO19 8BR

Study participating centre Nottingham University Hospitals NHS Trust

Trust Headquarters Queens Medical Centre Derby Road Nottingham United Kingdom NG7 2UH

Study participating centre

The Newcastle Upon Tyne Hospitals NHS Foundation Trust

Freeman Hospital
Freeman Road
High Heaton
Newcastle Upon Tyne
United Kingdom
NE7 7DN

Study participating centre Guy's and St Thomas' NHS Foundation Trust

Trust Offices Guy's Hospital Great Maze Pond London United Kingdom SE1 9RT

Study participating centre Childrens Hospice South West

Charlton Farm Bristol United Kingdom BS48 1PE

Study participating centre University of York

Department of Health Sciences York United Kingdom YO10 5DD

Study participating centre Harrogate and District NHS Foundation Trust

Lancaster Park Road Harrogate North Yorkshire United Kingdom HG2 7SX

Study participating centre Sussex Community NHS Foundation Trust

Brighton General Hospital Elm Grove Brighton United Kingdom BN2 3EW

Study participating centre Royal Wolverhampton NHS Trust

New Cross Hospital Wolverhampton Road Heath Town Wolverhampton United Kingdom WV10 OQP

Study participating centre Northern Lincolnshire and Goole NHS Foundation Trust

Scunthorpe General Hospital Cliff Gardens Scunthorpe United Kingdom DN15 7BH

Study participating centre Airedale NHS Foundation Trust Airedale General Hospital

Skipton Road Steeton Keighley West Yorkshire United Kingdom BD20 6TD

Study participating centre Bradford Teaching Hospitals NHS Foundation Trust

Bradford Royal Infirmary Duckworth Lane Bradford West Yorkshire United Kingdom BD9 6RJ

Study participating centre

Lincolnshire Community Health Services NHS Trust

Beech House Witham Park Waterside South Lincoln Lincolnshire United Kingdom LN5 7JH

Study participating centre Hull University Teaching Hospitals NHS Trust Hull Royal Infirmary Anlaby Road

Sponsor information

Organisation

University of York

ROR

https://ror.org/04m01e293

Funder(s)

Funder type

Government

Funder Name

Health Technology Assessment Programme

Alternative Name(s)

NIHR Health Technology Assessment Programme, Health Technology Assessment (HTA), HTA

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are not expected to be made available due to being unable to share the linked healthcare data which is important in the analyses.

IPD sharing plan summary

Not expected to be made available

Study outputs

Output type Results article	Details	Date created 21/12/2023	Date added 27/12/2023	Peer reviewed?	Patient-facing? No
Protocol article	protocol	09/10/2019	10/10/2019		No
HRA research summary Interim results article		10/11/2023	28/06/2023 15/01/2024		No No
Other publications	qualitative findings	10/04/2021	21/05/2021		No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Plain English results		15/01/2024	15/01/2024	No	Yes
Protocol file	version v1.1	05/03/2019	17/04/2019	No	No
Protocol file	version v1.3	21/04/2020	02/02/2021	No	No
Protocol file		20/04/2021	21/05/2021	No	No
Protocol file	version 1.4	20/04/2021	02/03/2023	No	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes