

Doctor: Good morning Mr Klein. I am Doctor Calvin, your father's doctor. I am here to discuss your father's condition.

Patient's son: Ok doctor. He doesn't seem to be doing well.

Doctor: That's right Mr Klein. I'm sorry to tell you this but since your father was admitted the other day, his condition appeared to deteriorate. His level of consciousness has decreased. The nurses reported that your father sleeps most of the time.

Patient's son: I know doctor. I have observed that too. Is that a bad sign?

Doctor: I'm going to be honest with you . Yes, it is. But we are doing everything we can to find out what the underlying problem is and treat it.

Patient's son: I know. But it's just that... Everything that has happened recently is overwhelming for our family. This is the first time my father experienced a serious condition, you know.

Doctor: I understand your concern Mr Klein but I assure you that we are doing our best to help your father.

Patient's son: (nods)

Doctor: Thank you. Now that your father's level of consciousness has gone down, we need to insert a nasogastric tube.

Patient's son: What is that doctor?

Doctor: A tube will be inserted through your father's nose, past his throat, and down into his stomach. This serves...

Patient's son: Uhm, why does my father need that?

Doctor: You see Mr Klein, your father spends most of his time sleeping. If he sleeps while eating, there is a good chance that he might choke. We do not want that to happen. Right? We also want to help him regain his nutritional status by giving him the right kind and amount of food. We can achieve that by giving him food through the nasogastric tube.

Patient's son: I see. What kind of food?

Doctor: It will be in liquid form. The hospital's dietician will be in-charge of preparing the food. It will be based on the doctor's orders and on your father's needs.

Patient's son: Ok. About the procedure doctor, is it safe?

Doctor: It is. We have done this procedure a number of times. Is there something you're concerned with?

Patient's son: Yes doctor. I was just thinking how will you know that the tube is placed correctly in his stomach?

Doctor: Before inserting the tube, we will measure the distance from the tip of your father's nose to his ear and down to his xyphoid process. This will give us an approximate distance from your father's nose to his stomach. Not only that, after inserting the tube, we will check for correct placement and patency. We do this by instilling air into the tube and auscultating his stomach. If we hear that particular sound, then the tube is placed correctly. But the best way to check it is to aspirate sample of gastric contents.

Patient's son: That sounds good. Will my father be using the NGT for life?

Doctor: It depends on his progress Mr Klein. If we see improvement in your father's condition, we will consider getting the tube out and start feeding him orally.

Patient's son: I see. Thank you for the explanation doctor.

Doctor: You're welcome sir. Do you have other questions in mind?

Patient's son: None.

NASOGASTRIC TUBE INSERTION

[Type the document subtitle]



Doctor: Very well. I'll have the materials prepared and start the nasogastric tube insertion right away. If you have questions, don't hesitate to ask me. Okay?

Patient's son: Ok doctor. Thank you.

TEST YOUR KNOWLEDGE:

1. Give at least three indications for NGT insertion.
2. Recall the first time you inserted and NGT. How did it go?