

Home enteral nutrition service in Estonia

Summary

Objectives: To analyse the feasibility of home enteral tube feeding (HEN) service and its potential budget impact in Estonia.

Methodology: A literature review was carried out to describe the clinical recommendations for HEN and assess the evidence on effectiveness and cost-effectiveness of HEN using commercial enteral formulas. The cost of HEN services were estimated for a 5- year period using budget-impact analysis with additional scenarios testing the sensitivity of key parameters.

Results: Enteral nutrition is indicated for patients who cannot or should not (for clinical reasons) consume food orally. For those patients, chemically defined commercial formulas can be administered through enteral tubes as complete nutrition or as a supplement to meet the daily nutritional requirements. Report found only limited evidence on the comparable effectiveness and safety of homemade blenderized food and commercial enteral formulas. Although several studies indicated that HEN service using commercial blenderised formulas is cost-effective measure, no direct comparisons were found for the cost-effectiveness of HEN service using homemade blenderized food vs commercial formulas. Based on the inputs from literature review and current service use, the potential target group for HEN service is 250–370 patients. Depending on the means of administration, the daily treatment costs (including cost of nutrition) varies from 12.3 to 24.6 euros. The annual costs of organized HEN service for 250 patients were 1.3M euros in base-case scenario and ranged between 0.9 to 2.0M euros in sensitivity analysis.

Conclusions: Organized HEN service is essential for certain patient groups but was until 2018 not available in Estonia. Report made recommendations for implementation of organized HEN service and drafted its organizational prerequisites and quality criterias.

Citation: Reile R, Lepp H-L, Kiivet R-A. *Koduse enteraalse toitmisravi korraldus ja kulud Eestis*. Tartu: Tartu Ülikooli peremeditsiini ja rahvatervishoiu instituut; 2019.