

Nasal Bridle Education Plan

Getting Ready to Learn About Nasal Bridle

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days. If there is something you don't understand, **It's OK to Ask** us to explain.

What I Need to Learn About caring for my nasal bridle

By the time I leave the hospital I will be able to show or tell the staff:

1. What a nasal bridle is and why my child needs it
2. How to care for the nasal bridle
3. How I will know if the feeding tube or bridle has moved
4. What to do if the feeding tube or nasal bridle has moved
5. What to do if the nasal bridle clip is broken or is not holding the feeding tube tightly
6. What to do if my child goes to the emergency department or other healthcare facility
7. How to remove the bridle and feeding tube
8. When to call my child's doctor

The staff will use three questions to teach me about nasal bridle:

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned.

What is the main problem?

My child has a nasal bridle that helps keep their feeding tube in place. It is a clip attached to a string that is threaded through my child's nose. The nasal bridle should not harm my child's nose when it is in place. It will feel uncomfortable if the feeding tube or the nasal bridle is pulled.

What do I need to do?

I will be able to tell the staff how to care for the Nasal Bridle.

I will:

- Clean the nasal bridle clip and nose as needed with warm water. Be careful to not allow water to run into your child's nose.
- Check the nasal bridle for signs of damage every day.
- Make sure the bridle is holding the feeding tube in place.
- Make sure that the feeding tube and nasal bridle have not moved. If they have moved, I will not feed my child through the tube.
- Make sure my child's nasal bridle is changed by a nurse or doctor every 4 weeks.



I will be able to tell the staff how I will know if the feeding tube or bridle has moved and what I should do.

- The _____cm tube marking should be at my child's nose. I will not feed my child through the tube, if the _____cm tube marking is not at my child's nose.
- I will not feed my child through the tube.
- I will call the Bronson Pediatric Gastroenterology clinic at 269-341-7784.

I will be able to tell the staff what to do if the nasal bridle clip is broken or is not holding the feeding tube tightly.

- I will call the Bronson Pediatric Gastroenterology clinic at 269-341-7784.

I will be able to tell the staff how to remove the nasal bridle and feeding tube.

- I will not remove the nasal bridle or feeding tube unless a doctor tells me to remove it.

- I will remove the bridle and feeding tube by cutting ONE (and only one) string of the bridle. Then I will pull the bridle out through the nose along with the feeding tube.

I will be able to tell the staff what to do if my child goes to the emergency department or other healthcare facility.

- I will tell the staff that my child has a nasal bridle in place.
- If they need to remove the nasal bridle, I will tell the staff to only clip one side of the string and gently pull both the bridle and nasal tube out of my child's nose.

I will be able to tell the staff when to call my child's doctor.

- Bloody nose
- Mucous or other drainage from the nose
- Sores in or around the nose
- Fever
- If my child pulls hard on the nasal bridle or feeding tube. This can cause injury to the nose or displacement of the tube.

Why is this important to me?

Good nutrition is important to keep my child healthy. The nasal bridle will help keep my child's feeding tube in place.

As part of my care and to help me understand care of my child's nasal bridle I may receive:

- Pediatric Home Tube Feeding Education Plan
- Nasal Bridal Education Plan



Nasal Bridle (Nasal Tube Retaining Device) Education Plan

Resources

- BHG Manuals

Teaching Tools

- *Pediatric Home Tube Feeding Education Plan*
- *Nasal Bridal Education Plan*

References:

- Applied Medical Technology (AMT). (2013). AMT Bridle™ Nasal Tube Retaining System brochure. www.amtbridle.com.

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Last revision date: 8/25/2017

Always close each teaching session with the question, “What questions do you have for me?”

*This page is intended for staff use only. Do not give to the patient. This document is not a part of the permanent medical record.