



# Discharge on Tube Support (DOTS) Programme

Parent/Caregiver/Whānau Information – Neonatal Services

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We have identified your baby/pēpi as meeting the criteria for the DOTS programme. This programme is for medically well babies/pēpi that require time to develop their stamina and skills to fully suck feed. Your baby/pēpi is developing some suck feeding skills and requires nasogastric tube (NGT) feeds to support this. You have the option of learning how to NGT feed your baby/pēpi in NICU with our support and can consider going home on the DOTS programme where you will continue to support your baby/pēpi at home with NGT feeds until they are fully suck feeding. Once at home, many babies/pēpi will suck feed more quickly as you are there to respond to their feeding cues around the clock. We will show you what you need to learn to give your baby/pēpi a NGT feed safely and work with you until you are confident to do this on your own. Your baby/pēpi will have individual feeding needs and we will work with you in determining an appropriate feeding plan for home.

## What are the benefits of Discharge on Tube Support?

- Your baby/pēpi can go home from hospital earlier.
- The separation time from your baby/pēpi will be reduced.
- You will have the support of the Neonatal Outreach Feeding Specialist Nurse at home and will not have to travel to the hospital.
- You will be fully supported by the Health Care Team until discharge from the service to the Midwife, Well Child Health provider and GP.

## What you need to know before you take your baby/pēpi home?

- You will require both the knowledge and skills to care for your baby/pēpi while they need tube feeding support. The neonatal team will provide a comprehensive education programme to assist you to accomplish these skills.
- NGT's can remain in place for 28 days at home.
- NGT's can be replaced by yourself or at the hospital.

## Discharge on tube support education programme consists of:

- Education booklet
- Practical skills training
- CPR
- Safe sleep
- Direct Access Card

## What support is available when you take your baby/pēpi home?

- Direct Access Card provides access to Children's Emergency Care (CEC) for feed related issues, eg. reinserting the NG tube. It is also a 24-hour phone service for advice.
- Phone contact from the Neonatal Outreach Nurse soon after discharge (normally within 48 hours).
- Initial twice-weekly contact, ie. phone/text/home visit or zoom meeting. When baby/pēpi is growing well, improving suck feeds and requiring less NGT feeding support contact will be weekly to fortnightly

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