

## CLINICAL TIP

There are multiple factors that need to be considered when choosing and manipulating medications for patients with feeding tubes. The type and bore (size) of the tube plays a role along with what part of the gastrointestinal tract the tube is placed. Certain medications can interact with the components in the enteral feeding solution used by the patient, decreasing the absorption and effect of some drugs. Crushing solid dosage forms is an option for certain medications, but it is important to double check if this is appropriate for each medication. Medications that are specially formulated as delayed and sustained release should not be crushed. Some medications can be very irritating to GI tissues and are coated as protection and should not be crushed. Sublingual products are also another dosage form that may not be crushable. Even certain liquid medications, for example ciprofloxacin suspension, should never be administered via a feeding tube due to its tendency to clog the tube (even though it is formulated as a liquid). If there is ever a question as to whether a medication can be administered through your patient's feeding tube, double check with your prescriber or pharmacist.

## NUTRITIONAL TIP - Eat Your Colors

March is National Nutrition Month and "Eat Right with Color" is the 2011 theme.

"Eating your colors" is a concept that all age groups can incorporate. No matter what kind of group or client I am talking to, I can incorporate education about the importance of colorful fruits and vegetables. Children love the challenge of 'rating their plate' to see what colors of the rainbow they are eating, and adults with all medical conditions or wellness goals can incorporate color and get excited about it. Make it a goal to prepare colorful, nutritious meals for your residents. They will enjoy seeing all the color on their plate!

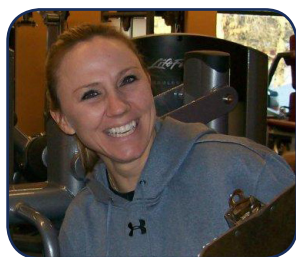
## FITNESS TIP - Increase Your Early Morning Circulation

Doing a few simple exercises first thing in the morning will help increase your circulation and boost your energy for the day! Complete these five easy steps each morning:

1. While sitting in bed stretch both arms above your head and take 5 deep breaths. Breathe in the nose and exhale through your mouth.
2. Straighten your arms out in front of you holding them perpendicular and move your hands back and forth in a scissor like motion. Do this for about 30 seconds.
3. Sitting up with a straight back, stretch your neck by gently dropping your head moving your ear close to your shoulder. Repeat on each side for about thirty seconds.
4. Stand up next to your bed facing your mattress. Slightly bend the knee and come back up to a full standing position. Make sure that you are within reach of your bed in case you need to hold on to it for balance.
5. Bend over at the waist and get your fingertips as close to the floor as possible. Hold the position for about 10 seconds, come up take a breath and then repeat 5 times.

Enjoy the increased energy and strength you will feel throughout the day.

As always **HAPPY EXERCISING AND STAY CONSISTENT!** - Amy Dubray, Certified Personal Trainer



*Amy Dubray, Certified Personal  
Trainer, Wellness & Lifestyle Coach*

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