

Assessment of Quality of Life **for** **Home Enteral** Nutrition




NutriQoL Questionnaire developed
by Nestlé Health Science

What



NutriQoL[®] is the first self-administered questionnaire developed by NHSC for all patients using Home Enteral Nutrition (HEN), regardless of their underlying condition or the method of nutritional formula administration. It is suitable for patients with various medical conditions who depend on enteral nutrition.

Why



The NutriQoL[®] questionnaire is used to assess the effectiveness of HEN, identify areas needing intervention, and track changes in patient health status over time. This type of feedback is important for continuously improving treatment strategies, thereby enhancing their overall care and quality of life.

How often



The NutriQoL questionnaire is typically administered 1-2 weeks after the initiation of HEN to allow patients to adapt to their new dietary regimen. Subsequently, it is recommended to administer the questionnaire every 3 months for patients undergoing changes in HEN and every 6 months for those in stable conditions

The NutriQoL questionnaire comprises 17 items grouped into two dimensions:

1) physical functioning and daily life activities

2) aspects of social life

Items **1-9 are positive**, while **10-17 are negative**.

Moreover, the NutriQoL[®] questionnaire also includes a **0 to 100 visual analogue scale** to evaluate patients' overall health status

Instructions: Check the box next to the answer that best applies to each question

Start with 1A, then 1B, ensuring logical flow and move to the next main question [2A, 2B, etc.] ensuring all questions are answered sequentially

A		Frequency		
		never	sometimes	always
		-1	0	1
1	With HEN [Home Enteral Nutrition], I keep to my usual mealtimes [e.g., breakfast, lunch, afternoon snack, and dinner].	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	HEN adapts to my preferences in terms of food characteristics [e.g., texture, color, smell, temperature, taste].	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Since I have been taking HEN, it is easier for me to move around. I feel more agile.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	With HEN, I can continue to do my daily activities [e.g., reading the newspaper, cooking, washing the car, cleaning, watching TV].	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Since I have been taking HEN, I see that my physical appearance is improving [e.g., I look healthier].	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Getting HEN supply is simple [e.g., it is easily available from in home infusion pharmacies or DME [durable medical equipment] company; I get the preparation/prescription/formula easily].	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	With HEN, I trust that I am well nourished.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	With HEN, I have regained weight.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	HEN allows me to be able to go out with my friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		1	0	-1
10	HEN damages my skin [e.g., dryness, irritation, infections].	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	HEN prevents me from sleeping well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I am worried that my body will adapt to HEN and I will not be able to eat again as before.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	With HEN, I miss chewing and tasting food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	With HEN, I experience physical discomfort from feeding [e.g., bloating, burning, dry mouth and regurgitations].	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	With HEN, my family keeps a closer watch over my feedings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	With HEN, I limit activities with my friends to those that are not related to food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	Since I have been taking HEN, I am more concerned about my health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part A: Frequency with which patients perceive specific situations related to HEN [3 response options: never, sometimes, or always].

Part B: Importance that patients attach to the situations in part A [3 response options: not important at all, somewhat important, or very important].



B		Level of Importance.			Points
		not at all important	somewhat important	very important	A × B
		1	2	3	
1	For me, keeping my usual mealtimes is: [e.g., breakfast, lunch, afternoon snack, and dinner].	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2	For me, HEN adapting to my preferences in terms of food characteristics is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3	For me, moving around more easily and feeling more agile is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	For me, being able to continue to do household chores is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5	For me, my physical appearance improving is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6	For me, getting HEN supply easily is: [e.g., breakfast, lunch, afternoon snack, and dinner].	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7	For me, trusting that I am well-nourished is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8	For me, regaining weight is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9	For me, being able to go out with my friends is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		1	2	3	
10	For me, my skin being damaged is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
11	For me, sleeping well is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
12	For me, my body adapting to HEN and not being able to eat again as before is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
13	For me, chewing and tasting food is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14	For me, experiencing physical discomfort from feeding is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
15	For me, my family keeping a closer watch over my feedings is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
16	For me, limiting activities with my friends to those that are not related to food is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17	For me, being more concerned about my health is:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**Total sum
(1-17)**

Health-Related Quality of Life (HRQoL)	Conversion score	Calculated score
EXCELLENT	Between 81 - 100	32 to 51
GOOD	Between 61 - 80	11 to 31
ACCEPTABLE	Between 40 - 60	-10 to 10
POOR	Between 21 - 39	-29 to -11
VERY POOR	Between 0 - 20	-51 to -30

Interpreting the Results

The NutriQoL® questionnaire results are scored on a scale from 0 to 100, with higher scores indicating better HRQoL.

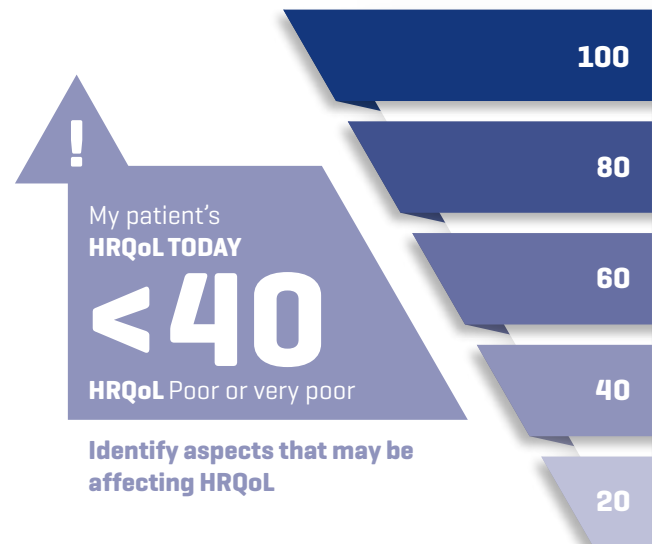
Each category helps healthcare providers understand the patient's current quality of life and determine the necessary actions to improve or maintain it.

Initial Assessment and Follow-up Evaluations

For patients scoring in the poor or very poor categories, a detailed analysis of each item in the questionnaire should be conducted to identify areas needing improvement.

When the assessment is acceptable, good, or very good, the professional should conduct follow-up visits. During these visits, changes in HRQoL scores are compared to previous assessments.

A change of ± 4 points indicate a significant variation in the patient's health status, prompting further clinical interviews and potential adjustments to the treatment plan.



- ⬡ If the change produced is + 4 points, the result indicates that the patient's HRQoL has improved with respect to the previous measurement
- ⬡ If the change is - 4 points the result indicates that the professional should review the therapeutic guideline.
- ⬡ If there has been no change in the questionnaire score, the professional should analyze the patient's previous score and according to his or her clinical judgment determine the actions to be taken.

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