

**ARTIFICIAL NUTRITION IN NURSING CARE: PRINCIPLES AND  
BEST PRACTICES**

***Ostonova Nargiza Obid kizi***

*Afshona Public Health College named after Abu Ali Ibn Sina, nursing  
science instructor*

***Ruziyeva Mehrigul Akram kizi***

*Afshona Public Health College named after Abu Ali Ibn Sina, nursing  
science instructor*

***Abstract:*** Artificial nutrition is a critical aspect of nursing care, ensuring that patients who cannot eat normally receive adequate nutrients. This paper explores the types of artificial nutrition, indications, nursing responsibilities, and ethical considerations. Evidence-based practices and multidisciplinary collaboration are highlighted to improve patient outcomes.

***Keywords:*** Enteral Nutrition (EN), gastrointestinal (GI),

**Introduction**

Proper nutrition is essential for recovery and overall health. However, certain medical conditions require artificial feeding methods such as enteral and parenteral nutrition. Nurses play a key role in administering, monitoring, and educating patients about artificial nutrition. This paper examines the principles and best practices of artificial nutrition in nursing care.

**Types of Artificial Nutrition****1. Enteral Nutrition (EN)**

- Delivered via a tube into the gastrointestinal (GI) tract (e.g., nasogastric, gastrostomy, or jejunostomy tubes).
- Indicated for patients with dysphagia, neurological disorders, or post-surgical conditions.
- Advantages: Maintains gut integrity, reduces infection risk compared to parenteral nutrition.



- Complications: Aspiration, tube blockage, diarrhea.

## 2. Parenteral Nutrition (PN)

- Administered intravenously when the GI tract is non-functional.
- Indicated for patients with severe malabsorption, bowel obstruction, or critical illness.
- Requires careful monitoring of electrolytes, glucose levels, and infection risks.

### Nursing Responsibilities

- **Assessment and Monitoring:** Checking for signs of malnutrition, weight loss, and hydration status.
- **Tube Placement and Care:** Ensuring correct positioning and preventing complications.
- **Preventing Complications:** Monitoring for aspiration, infections, and metabolic imbalances.
- **Patient and Family Education:** Teaching about home-based artificial nutrition if required.

### Ethical Considerations

- **Patient Autonomy:** Respecting patient wishes regarding artificial feeding.
- **Quality of Life:** Evaluating whether artificial nutrition aligns with the patient's prognosis and comfort.
- **Legal and Ethical Guidelines:** Following institutional protocols and ethical standards in end-of-life care.

### Conclusion

Artificial nutrition is a vital nursing intervention for patients unable to consume food normally. Enteral and parenteral nutrition require careful administration, monitoring, and ethical considerations. Evidence-based nursing practices improve patient safety and quality of care.



## REFERENCES

1. ASPEN (American Society for Parenteral and Enteral Nutrition). (2021). *Guidelines for the Provision and Assessment of Nutrition Support Therapy in Adult Critically Ill Patients*.
2. McClave, S. A., Taylor, B. E., et al. (2016). *Guidelines for Enteral and Parenteral Nutrition Support*. Journal of Parenteral and Enteral Nutrition, 40(2), 159-211.
3. Best, C., & Hitchings, H. (2010). *Nutritional Support in Nursing Practice*. Nursing Standard, 25(11), 50-57.
4. World Health Organization (WHO). (2020). *Global Nutrition Report: The Role of Healthcare Professionals in Artificial Nutrition*.
5. Nightingale, J. M. (2013). *Intestinal Failure and Home Parenteral Nutrition: A Comprehensive Guide*. CRC Press.