

PARENTERAL NUTRITION

UNDERSTANDING WHAT PARENTERAL NUTRITION IS AND HOW IT CAN BENEFIT PATIENTS

People are sometimes not able to get enough nutrition by mouth or through tube feeding in order to satisfy their nutritional requirements. In some of these cases, **Parenteral Nutrition** is used to deliver nutrition directly into the bloodstream. When delivered in the home, this is often referred to as **Home Parenteral Nutrition**.



HOW DOES PARENTERAL NUTRITION WORK?

Parenteral nutrition is given intravenously because part or all of the patient's digestive system does not function properly. Parenteral nutrition bypasses the normal digestion in the gastrointestinal (GI) tract, and instead is delivered directly into the bloodstream through an intravenous (IV) catheter (needle in the vein). Parenteral nutrition can be used for nutrition delivery temporarily, or it can also be used as a long-term solution.

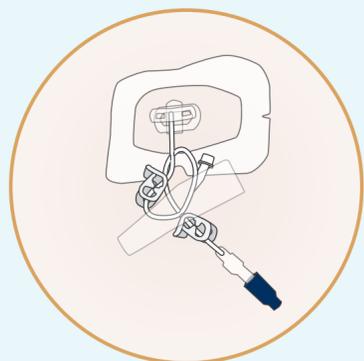
WHAT IS IN PARENTERAL NUTRITION?

Parenteral nutrition is a sterile liquid chemical formula that may include protein, carbohydrate, fat, minerals, electrolytes, vitamins and other trace elements. Parenteral nutrition formulas, which are prepared in a pharmacy, are customized to meet a patient's specific nutritional needs. These formulas are typically stored in a refrigerator and are protected from light.



HOW IS PARENTERAL NUTRITION ADMINISTERED?

Because parenteral nutrition is highly concentrated with nutrients, it is typically administered through a central line. A central line is a type of long-term IV that is inserted through the biggest vein in your body, the superior vena cava, located just above your heart. Patients receive education on how to take care of their central line to prevent any complications, such as an infection. Parenteral nutrition is then administered to the patient using a programmable infusion pump, which can be carried in a backpack or placed on an IV pole.



WHAT ARE THE BENEFITS OF PARENTERAL NUTRITION?

Parenteral nutrition may be lifesaving for patients who have gastrointestinal diseases or complications, as this may be their only option for nutrition. Some patients can have parenteral nutrition infused at night while they sleep, or during the day via an ambulatory infusion pump which helps them to be as mobile as possible.



WHAT CONDITIONS REQUIRE PARENTERAL NUTRITION?

Patients may require parenteral nutrition due to a wide variety of diseases or conditions that impair food intake or nutrient digestion and absorption. These conditions include short bowel syndrome, bowel obstruction, post-surgical bowel rest, cancer, Crohn's disease, and more. The OLEY Foundation is a great resource for learning more about conditions that may require parenteral nutrition. Read more at https://oley.org/page/FAQ_LandingPage#HPN



HOW MANY PATIENTS RECEIVE PARENTERAL NUTRITION?

According to the 2014 National Inpatient Survey data, patients received parenteral nutrition in over 290,000 hospital stays. About 43% of those were for children and newborns. It is also estimated that about 113,000 patients receive HPN on an annual basis.

