



Home Nutrition Support Guide: **TPN**

HealthQuest
Infusion & Specialty

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Going home on TPN can feel overwhelming at first. However, being able to go home on TPN gives you autonomy and flexibility of being in your own home instead of a hospital or outpatient facility. In fact, many people transition home on TPN every day, and thousands of people are currently on TPN in the comfort of their own homes.

We believe that you should feel empowered and confident in the home TPN process from start to finish. Our nurses will assist you in the hospital in setting up your TPN bag and pump by showing you how to set up, prepare additives and injections, and load and unload the TPN pump. We are committed to helping you live a full life with home TPN. We have developed this guide as a reference for you as you transition home with TPN and to help make things seamless in this transition. Again, HealthQuest Infusion is available 24/7 if there is ever something that you need.

What to Expect



Check Your Delivery

Upon receiving your delivery, it is important to carefully inspect your supplies. Check your delivery for cracks, leaks or broken seals; cloudy or discolored medication; check that your name is on the medication label; medication's expiration date; medication is not above room temperature

Refills

Pharmacy personnel will contact you weekly to check on your TPN and supplies. A dietitian will contact you weekly to discuss your nutrition progress and review any lab work obtained with you.

Insurance Support

It can be overwhelming calculating how your insurance applies toward your treatment, but we are here to assist you with questions regarding benefits. We can review how your benefits apply to your needs and help facilitate authorization from your provider.

Keep Us Informed

We always want to get your TPN to you without delay. Please let us know if there are any changes in name, address, contact information, insurance provider, travel plans, etc that may affect our delivery to you.

Emergency Preparedness

If you are involved in a natural disaster such as a hurricane, tornado, blizzard, flood, fire, please follow the following instructions:

If you must leave your home, please call us to arrange for delivery of your supplies. Be ready to give us your new address and phone number where you can be reached.

If your area is involved in a disaster and you decide to stay home, please let us know if your home can be reached by delivery truck. If not, we can help you arrange for delivery of your TPN.

If you need emergency medical care or medical supplies, go to the nearest hospital in an unaffected area. If you have no electricity, please contact us so that we can assist.

If your water is contaminated, you and/or your caregiver can wash your hands with alcohol (rubbing alcohol or isopropyl alcohol) or hydrogen peroxide prior to performing any sterile procedures. Do not expose your IV catheter or catheter site to any unclean water.

Under disaster conditions we will try to contact you. However, calling into an area which has been involved in a natural disaster can be very difficult, and telephone lines may be overwhelmed or out-of-service. Therefore, please try to call out and establish contact with us. We will then make plans based on your specific emergency needs.

The only number you'll ever have to call

Contact HealthQuest at any time with questions regarding your infusion medications, insurance, or other therapy-related concerns.

Call us at (832) 612-3500

Office hours: 8:30a-5:30p, Monday-Friday
On-call: 24/7

Call HealthQuest toll free at (844) 883-4454.

What is TPN?

Overview of Parenteral Nutrition

TPN or Total Parenteral Nutrition is intravenous administration of nutrition. Your solution may include carbohydrates, fat, protein, vitamins, minerals, electrolytes and trace elements. TPN is used when adequate nutrition cannot be maintained via tube feeding or oral intake.

Who Receives Parenteral Nutrition?

- People of all ages receive TPN – babies, teens, adults and the elderly.
- People can stay on TPN for as long as needed. Some people may be on TPN for a short time while a medical condition resolves, while there are others who have been on for a lifetime. TPN is often started in the hospital, then transitioned to the home setting.

For what conditions is TPN needed?

- Patients may need PN for any variety of diseases or conditions that impair food intake, nutrient digestion or absorption.
- Some diseases and conditions where PN is indicated include—but are not limited to—short bowel syndrome, GI fistulas, bowel obstruction, critically ill patients, and severe pancreatitis.

How many patients in the U.S. Receive PN?

- Many hospitalized patients in the U.S. receive parenteral nutrition. According to the 2014 National Inpatient Survey data patients received PN in over 290,000 hospital stays.
- Individuals can also receive TPN at home and in long-term care facilities. It is estimated that about 25,000 patients receive TPN at home.

www.nutritioncare.org/About_Clinical_Nutrition/What_is_Parenteral_Nutrition/

* AHRQ Healthcare Costs and Utilization Project (HCUP) Nationwide Inpatient Sample (NIS) 2014 data. <http://hcup.ahrq.gov/>

** Mundi M, et al. Prevalence of home parenteral and enteral nutrition in the United States. *Nutr Clin Pract.* 2017.

TPN Safety

- TPN bags should be stored in the refrigerator at 35–46 F
- Take TPN out of the refrigerator 2–3 hours before infusing to allow time for it to come to room temperature
- If you forget to take out bag and let it warm up, it will not cause harm but you may feel chilled during the infusion
- Do not place TPN bag in microwave, oven, in warm water, or in direct sunlight
- TPN bags are good for 30 hours at room temperature and up to 9 days if refrigerated
- If infusing TPN with lipids (white bag), use a 1.2 micron filter, if not infusing TPN with lipids (clear bag), use a 0.22 micron filter
- Be sure to check the label before use for your name, solution and expiration date. Call HealthQuest if any of these are incorrect and do not infuse TPN.
- Be sure to wash and rewash your hands before and between all procedures
- Connect sterile equipment to sterile equipment
- Never reuse needles, syringes, or other supplies

Do not use TPN if you see:

- Clumping of fats
- Fats floating to top of bag
- Separation of fats or particles

Administering Your TPN

1) PREPARE WORKSPACE

- Wash hands for at least 20 seconds and dry with paper towel.
- Ensure workspace is clean. Wash hands and clean work space with soap and water. Dry with paper towel or disinfectant spray.
- Workspace should be a clean area such as the kitchen or dining room and should be away from dust, dirt, clutter and drafts.

2) GATHER EQUIPMENT

- | | |
|--------------------|-------------------------------------|
| • TPN bag | • Saline syringes |
| • Tubing | • Heparin syringe |
| • TPN pump | • Pouch |
| • Alcohol pads | • Waste bin or trash bag |
| • Multivitamin | • SASH mat |
| • Other additives | • Clean surface or disinfected area |
| • Sharps container | |

3) WASH YOUR HANDS BEFORE AND AFTER EVERY PROCEDURE!



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