



What is T.P.N.?

Total Parenteral Nutrition (T.P.N.) is a special liquid food mixture, which we give you through an intravenous (IV) catheter. T.P.N. looks similar to a regular IV but we use different fluid. The mixture contains proteins, carbohydrates, fats, vitamins and minerals. T.P.N. does not go into your stomach or bowel. It goes directly into your bloodstream through the IV tube that we put in a big vein (usually in your chest). The development

of T.P.N. has helped patients who require prolonged nutritional support. It has been used successfully in the hospital and at home for many years. With home T.P.N., patients can leave the hospital and be active in their community.

Your doctor and nurse have found that you will benefit from T.P.N. They are certain that you and/or your family are physically able to understand and do the procedures for T.P.N. The T.P.N. nurse will help you to learn the procedures in this booklet. This manual gives you the information and guidelines that you need to take care of yourself at home while on T.P.N.

The Teaching Program

We want to make sure that you understand and are able to take care of yourself and your T.P.N. Decillions Nurse Educator will develop a teaching plan that suits your needs and the way you like to learn. You will have one-to-one teaching sessions with the T.P.N. nurse. You will actively participate as we teach you. We will be with you when you practice your T.P.N. skills before you go home. You can use this manual as a reference while you are in the hospital and at home.

Teaching a “Back-Up” Person

In addition to teaching you, we recommend that you find a back up person for us to teach. This person may be a family member or close friend who



will be able to help if you have problems. You are responsible for your own care. However, it is important to have another person available for support, reinforcement and help when you need it.

Decillion will also have a family Mentor who can also support the patient and the family in a coordinated effort with our Clinical Nurse Educator.

Discharge Criteria

Your discharge planning begins when you enter the teaching program and continues until you are at home. You and your T.P.N. team plan your discharge. To ensure you are ready for discharge, you must be able to do the following:

- Show that you understand the principles of T.P.N. and how it relates to you.
- Demonstrate the correct aseptic and technical skills required to use the T.P.N. system at home.
- Show that you know what to do if you have a problem.
- Display an emotional and psychological adjustment to this new way of life.

You and the T.P.N. nurse set the discharge date during your learning program. The date that is chosen depends on your progress, your medical condition and pharmacy's ability to prepare your solutions and supplies.

The T.P.N. Team

As a Home T.P.N. patient, you have access to the T.P.N. team. You will meet the team while you are in hospital. We are available to support and help you if you have any problems or emergencies. We will encourage you to talk about your concerns, fears and feelings about being on T.P.N. Our team is made up of a:

- Doctor
- Nurse Care
- Nurse Educator
- Dietitian
- Parent Mentor
- Pharmacists