



# DRIPLINE



**PNDU**  
Parenteral Nutrition Down Under

Welcome to our latest edition of Dripline, hoping that you have had a happy and healthy Christmas and New Year thus far. In this issue, we read of some of our members' problems with enjoying Christmas; how some of our members manage to exercise for health, fitness and pleasure; read how some members manage to recycle some of the waste packaging products associated with our PN deliveries (many quite ingenious); learn of one member's new home after a move across the state; and find out how you can personalise some of your HPN equipment.

Regards,  
Gillian  
Dripline Editor



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***Editor's Note:** Christmas can be a challenging time for some people. For people living with Home Parenteral Nutrition (HPN), meeting up with relatives over food can prove quite stressful, especially if you can't join in eating. Often relatives don't 'get' it and give inappropriate advice, such as suggesting trying certain diets or foods to improve your health; or not understanding that just because you look well, you feel sick or are in pain; or underplaying the seriousness of line sepsis; or, or...Below are some comments from PNDU members, to help non-HPNers to understand some of these feelings. As well as that, some of our members spent Christmas in hospital with problems associated with HPN or the cause of their Intestinal Failure. A very isolated Christmas, with no visitors allowed in hospitals.*

## Jane

I am NOT looking forward to my family watching what I put on my plate and their comments about how much I chew, and whether I will end up in hospital if I don't chew well enough. I know they care, but I wish they would do so differently and make no comment. That would be a happy Christmas!!!! I am so pleased that I can eat a bit now, not like 21 years ago when I couldn't eat at all.

## Another member, who wishes to be unnamed

In terms of Christmas, I baked up a storm for the family for Christmas and did all the desserts and even had fruit soaking for a couple of months for the Christmas cake and pudding and made it all ahead of the day, so I could sit and relax and enjoy the day.

I actually struggled this year with not being able to eat at all, not even taste it. Usually, I'm okay with having conversations while others eat, but this year I just found it hard. Unfortunately, I am having a flare up and not able to eat a thing without making things worse for myself.

But I did have fun nonetheless. I was able to busy myself with helping my sister-in-law, as she was hosting. I was very tired by the end of the evening but it was a special and fun gathering, as we hadn't all been together for a year.

## Laura

This is my first Christmas as an HPNer, my second in a row totally unable to eat. I still enjoy food preparation and cooking - the smells and sensations, and the knowledge that I'm creating something that my family will get pleasure from - but the actual sitting down at a table at meal time is something I can't do at this point in time. Putting myself - and them - through the emotional pain of me sitting there near to tears because I can't partake, or the physical pain of forcing myself to try a little and dealing with the consequences isn't fair on anyone.

So, I've done my share of the baking and know it's being enjoyed, I've sat and chatted with the family, and had some very important snuggles with my wee niece. I've now taken myself off to have some "time out" and a bit of a recharge while they eat. Once they're done, I'll re-join them and on we'll go. I'm a bit worried about dealing with the rest of the family during the week - we do our "big" Christmas on Tuesday and I'll have to deal with a few extended family members who mean well but don't always know where to draw the line - but I'm hoping the same approach will work there too.

## Another member's story

So had dialysis today, felt great, but had temp of 38c though. Assumed it was auto immune flare.

Left on holidays to my parents, arrived, felt fine. Then this arvo started shivering while everyone else was hot. My gut keeps hurting and cramping so telling hubby that my guts are the issue. I have taken Panadol and my pain meds. Have thumping head ache all afternoon. Worried I'm getting septic infection. This is the first Christmas in 3 years that I'm able to go and not be in hospital, so you can understand my reservations about saying anything to husband as we're not near my local hospital and I just want Christmas with family.

I know I'm walking a fine line but I so desperately want family time with my family.

I'm going okay, but every time I stand for more than 5 mins, my guts start aching.

I've gotten through lunch and presents. Go home tomorrow then I'm safe - local hospitals and doctors. I'm getting tired now though, as I'm wearing out.

Got through Christmas but [went direct to local hospital, with more symptoms of infection occurring.]

***Editor's Note: this was the start of several weeks in hospital with serious infections to treat. HPNers need to respond quickly to symptoms so that they don't worsen, but our member's desire for Christmas with family is understandable.***

### Kate

I am currently in hospital. A friend reminded me to take home supplies in with me. I love looking up at the scary IV pole and seeing my pink bunny PN cover. Everyone comments. Small moments of positivity can make a difference. ***Editor's note: Kate has sent a few pictures of her personalised PN equipment. See article: Personalising your PN Equipment***

### Another member

I'm hearing you. I ended up in hospital 2 days before Christmas and spent a miserable Christmas day with a bad line infection. Spent 7 days in club med and am now on the road to recovery. Have a temporary PICC and will need another Hickman's line at some stage. This sepsis was a scary one where my BP plummeted and heart rate went crazy. Am very thankful I didn't end up in ICU. Not the start to the holidays that I wanted....

## A Brief History of PNDU's 13 Years



### Words by Gillian, Vice President

PNDU had its beginnings in the desire of two HPNers, both nurses – 1 in New Zealand, B, and 1 in Tasmania, Jacqueline (who is still on our forum) - to be able to talk to someone else in the same, very rare, boat. They were supported in this endeavour by a Professor of Clinical Nutrition in Auckland, Gil Hardy, and a couple of other parents of paediatric HPNers, and so in January, 2009, PNDU was launched with 5 members. One of the earliest new members was Karen, who became PNDU's convenor in late 2011 and then first president upon incorporation in 2014, working tirelessly for 10 years with a vision of PNDU becoming a desirable resource for clinicians to recommend to their new HPNer patients. PNDU's mission was defined to 'support, research and inform consumers, carers and providers of Parenteral Nutrition for Intestinal Failure', and continues as such today.

By the time I joined in September 2011, and was invited to participate in on-line Skype meetings, there was a committee which consisted of whoever was interested and able to be there, usually about 4-6 of us. A little later this year, the Management Committee was formalised, with Karen as Convenor.

In 2012, Dripline commenced as an additional way of reaching HPNers and clinicians with member stories, problems, triumphs, and information related to life on HPN.

In 2014, PNDU began the procedure to become incorporated, which meant that we had to develop a constitution, which gave us a more professional status when talking to clinicians about how we could offer support for the HPNers in their care. At this time PNDU's logo changed from the original 'pendoo' – top half NZ Crested Penguin, bottom half Aussie Kangaroo - to make it more simplified and streamlined. The Southern Cross represents both of our countries.

We also instigated the inaugural PNDU professional awards in 2014, aimed at recognising clinicians and industry members who have given outstanding service.

Also in 2014, PNDU expanded our chatting amongst members by adding a Facebook page in addition to the original Googlechat email forum.

To add to a very busy year, PNDU's well-respected travel information booklet was launched, after a great deal of writing and re-writing. In 2014, Karen, as PNDU president, travelled to Geneva to the inaugural PACIFHAN conference - an international alliance of support groups for people on HPN, of which she was the inaugural Secretary, then interim Convenor while awaiting its incorporation.

In July 2015, PNDU became incorporated after a great deal of work, mainly by Miranda and Karen.

In 2017, PNDU attained Charitable status, which allows tax deductible donations. We also commenced using our new website, very kindly designed and donated by Orangeline, a member's company.

Over the years, PNDU has not only grown in membership, but in status, and has presented at professional conferences giving the patient's perspective on matters related to life on HPN; has organised a number of HPNER surveys, the results of one of which was published in a professional journal; has organised many social gatherings for HPNers; meets with executives at Baxter and Fresenius Kabi, both HPN providers, to maintain a good relationship and share any member problems and PNDU activities of interest; works with AuSPEN, supporting them in their Consumer Workshop presentation for HPNers; advocates for HPNers alongside Rare Voices Australia, as well as in our own right; works with various professional organisations to present the patients' voice; and much more. PNDU has been celebrating HPN Awareness Week since 2011, with resources made available to hospitals to join in, as well as working with Baxter and Fresenius Kabi to have interaction with HPNers.

Our inaugural treasurer, Chris, is the current president, taking over from Karen when she stepped down in August 2019. We have 6 members on the Management Committee – Chris, Miranda, Ryan, Naomi, Tracie and myself. Fay retired last year after serving for many years.

Indeed, 'from little things, big things grow', as the song says! PNDU now has 335 members, including approximately 124 HPNers! Amazing!



# Personalising your PN Equipment

## Written by Kate

I have been on and off HPN for 2 years now. I have a number of medical problems including intestinal dysmotility. One thing that has really helped me is having unique, personalised and cute accessories. Personalising things has helped me to accept them. I enjoy thinking about the colours, fabrics etc. Taking them to hospital also helps during what are always very difficult times.

Here are a number of things I have. PN cover bags, tube clips, NG/NJ pouches (which I also use for an insulin pump).

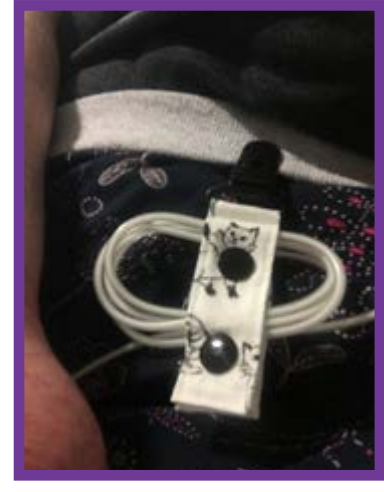
The lady I get everything from lives locally, but has clients all over the world. She is very lovely and makes the process enjoyable. She does have a Facebook page, but her website is <https://tubielove.com/>

Please note that all the PN cover bags are made to order, so not listed on the website. You need to email her with measurements - she will then sort it all out.

Some of Kate's personalised PN accessories, including PN bag covers



Assorted accessories, including tube clips.



Tubie clips in action, making going out, whilst infusing, neater.

## Moving to a New House



### Words by Jacqueline

We have moved several times since I began HPN 22 years ago and like everything, moving gets harder as you get older.

I wanted to tell you how we managed our recent move 200kms from our old house to our newly built home.

Our new house was designed by us in a hope to “future proof” as much as possible. (Well at least for a few more years anyway).

This house had to be single story, fairly flat land and easy access. This might sound like an easy thing to do, but we live in Tasmania where flat land comes at a premium and is not easy to find.

We considered how far we were willing to travel to the local hospital, what services that hospital had and what other medical services were available. This is not only because of my health, but also David’s health issues, and the fact that I planned to continue working as a Registered Nurse for as long as possible. We found a flat 3/4acre plot on the outskirts of Evandale (a small Heritage listed village) 20kms from Launceston...perfect! The other consideration was the distance from our new home to Hobart, as we need to travel regularly there for various reasons. A leisurely two hour drive was perfect too.

After selecting a builder, we started designing our house. The doorways had to be wide enough for me and my IV pole to easily fit through. My side of the bed had to have enough room to keep my pole all night. The ensuite is quite large and we have installed a tap with long lever so I can turn it off with my elbow. There’s also a frame screwed to the wall to house the paper towels. We have a large walk-through wardrobe area (where I store all my supplies) adjoining the ensuite - where we built the robes 700mm deep instead of 600 to give us much needed storage. The ceilings are 10 feet high, which gives us extra storage for less used items. I have a new trolley for connection that has wheels on it, plenty of drawers, and is in the same style as our kitchen cupboards, so it can double as a work top if needed. We had an ironmonger friend make an IV hook and rack for liquids. Extra light in this area was installed too. We worked out roughly the maximum amount of ancillaries I would need to store at any given time, and designed this room to accommodate that. As this house is much smaller, we had to think creatively about space and usage. There are many YouTube videos to help give you ideas.

At all previous houses, the HPN delivery man has had access to my work studio where he has always put my fluids in the fridge for me. We continued this idea at this current address. Luckily, we have a state wide delivery company here who are exceptional regarding service and the first morning it was delivered, we met with the kind man who now does the same for me.

Before the move, we spoke at length with the HPN doctor who contacted the physician up here. My care was transferred to him, which was smooth and problem free. The main problem was a long and drawn out saga trying to find someone or department to needle my port weekly. This took about 9 months as up here there's no Ambulatory Care Outreach. I was temporarily sent to community nursing, then finally to Day Procedure Unit in the hospital. This isn't really a very efficient option as I needed to be admitted every week. Instead of a 15 minute drop-in arrangement in Hobart, I was there for about 2 1/2 hours weekly. In a way, luckily, COVID happened and as I work at a Launceston hospital, I wasn't really able to enter the hospital for treatment and work there, especially as a neighbouring area and hospital were locked down. So, I now work in the Oncology Day Unit and as we're all able to access ports, I am now needed there. So far this has worked very well.

We informed my HPN hospital in Hobart basically as soon as we knew we were moving "up north". The process was a slow, drawn-out event as there isn't really a HPN team at this Hospital. The dietician is the main point of contact, but she only works a few days per week and then went on maternity leave - so many messages were left. I tried contacting Baxter direct to inform them of the date and address but they said all information had to come from my hospital.

Another consideration was finding a suitable GP. We struggled for a while, but eventually found one who is excellent. As this is a rural area, everyone knows or is related to everyone else. In many ways this is a bonus and it turns out my GP and Specialist know each other well.

As we have only moved within the state, I think it was less problematic than moving states. Having said that, even on the island, the state health department works differently in different areas and I would strongly recommend you research things very well before making a long distance move.

We are in a lucky situation where we can always travel back down to Hobart to access healthcare if things aren't available locally.



Jacqueline's purpose-built trolley for setting up.



## Recycling and HPN

***Editor's note:** One of the impacts of being on HPN is having lots of waste material from deliveries and packaging of the items used in setting up that either can't be recycled, or will fill the weekly council recycle bin quickly. The main culprits are the boxes - that our PN bags arrive in and that our consumables are packaged in; the insulated bubble wrap sheets that the PN bags are wrapped in; the freezer packs that are used to keep the PN bags cold until unpacked and put into the refrigerator – up to 3 or 4 per box, thus 12-16 per week for me; and woollen insulation packing. Some of our members have come up with solutions that they have shared here, that may enable more reusing or repurposing, or donating, rather than throwing or recycling.*



*My weekly PN bags' delivery waste*



*My nightly setting up waste*

### Laura

I make and sell insulated bottle/lunch bags using the **bubble wrap** as lining - and everyone who buys one gets a couple of **ice packs** included. Excess **ice packs** I give to a wee local cafe who use them for food/grocery boxes. Some of the **big cardboard boxes** (that the PN bags are delivered in) I use for sorting and storing craft materials, and also keeping individual customer orders separate while I'm working on them. Some also go to the local kindy (they're a good size for the kids to use for building with) and some get flattened out and used as weed matting in the garden. **Bodyguard boxes** are a great size for sending parcels.



Laura' insulated bottle bag.



## Stanley

We use the **bubble wrap** to line all our pantries, drawers, cupboards etc

## Felicia

The **ice packs** I give to a small farm; they sell produce at a farmers' market and they can give their customers an ice pack and not worry if it doesn't come back. Some of the **bubble wrap** I've used to make insulated bags and car sunshades, and also offered up to people on my local community page. The **ziplock bags** the paperwork comes in I am using for craft projects I have been selling. The **sterile sheets** we get to set up on, I save and give to a charitable trust day centre to use as incontinence sheets for their clients who have physical and intellectual disabilities. I've even often used the **silver protective bag and bubble wrap** as the postage bag I send parcels in; I just turn the bag inside out and sellotape the wee hole in the top. The **bodyguard giving set boxes** are really good parcel size too.

## Sal

We have an extra recycling bin provided by our local council free of charge. Unless I am sharing **boxes** to help someone move, the boxes go in there.

The **bubble wrap and all soft plastic** from all the associated packaging of our medical dressing packs etc. I take to the [supermarket] recycle bins.

The paper parts of the packaging go into normal recycling.

We have also kept some of the **woollen insert packaging** from Baxter and use it to insulate some of our cars undergoing restoration!

## Aly

I recycle all of the **boxes and cardboard**. My friend has been taking all of the **woollen insulation** to use as matting on her garden.

## Renee

My **freezer packs** go to the local fish shop. They pack raw fish orders with an ice pack and are gratefully received.

## Kelly

My **freezer packs** started going back to Baxter again. *[Editor's note: Check with Baxter because not all states would be able to do this, especially since Covid]* Before that, when they weren't taking them, I gave them away in local gifting pages and to local sporting clubs and schools as ice packs for injuries. My **dressing packs** have gone mostly to the local reptile park for treating injured wildlife.

## Danielle

With my **freezer packs** at the end of each month, I put an ad on market place to collect for free. People fight over them, so I never have to throw any away. Cafes, sporting clubs have snapped them up, even a lady who was making cooling dog beds collected a heap.

## Jane

I send all my **freezer packs** to a radiologist, who wraps them and gives one to any patient who has had a procedure which needs a cold pack afterwards. This doctor just can't get enough and is very thankful for my delivery! I put them straight into a Baxter box, so there is minimal handling by me. And I deliver. They freeze them as they have need. I was so pleased to have him accept them as I wondered if they would...but he is pleased not to have to pay for them. I guess it all saves \$\$\$ on his costs. Some of the **wool insulation** goes to friends with compost bins, and to a grandson who rears baby chickens to protect them from cold.

## Tracie

I use the **freezer packs** to cool my fish tanks, and give them away to friends and family to use for cold bricks.

## Jacqueline

There's an Australasian competition called 'wearable art'. Maybe we could do something similar with our **HPN waste**.

## Ryan

I put the **freezer packs** out in my street with a sign for people to take them. I'm due to do it again shortly. I have something like 30 boxes full of ice bricks I've got in the shed. Putting them out with a sign takes the most minimal effort. My dad takes the **woollen insulation** and uses it around his fruit trees like a weed matting. The **bubble wrap** we usually have people take it for posting things or moving.

And the **boxes** we recycle, or give to people as packing boxes, or they get turned into forts or something else.

## Gillian

Over the years I've tried different things at different times. The **boxes** have moved about a dozen people over the years, plus at one stage, for years, an acquaintance with an internet chocolate business took the boxes and **bubble wrap** each week. At one point I tried to interest an estate agency in handing on these items to clients due to move, but they stopped doing it after a while. From time to time, friends want some **freezer packs**, but not being a disposable item, they don't need replacing very often. Since plastic supermarket bags were banned, I've tried to minimise my overall use of plastic, so most of my fruit and vegetables go straight into a proper bag and I've started using our PN protective covers for wrapping up my ileostomy bag waste each morning. And each night, as I set up, I put the items from the dressing pack and PN bag that are able to be recycled to one side as I go. In the morning, I also recycle the plastic PN handle and Posiflush cap.



Gillian's ileostomy waste



Nightly set up  
and morning recycling

*Hopefully some of the above ideas will give you options and ideas.*



## St Mark's Solution for Dehydration

**Editor's Note:** Now that summer is upon us and getting hotter, dehydration is a problem for some HPNers. One well-respected drink is St Mark's Solution – named after the hospital in the UK which is a specialised hospital for people with Intestinal Failure (IF). They developed this recipe which is, apparently, much better than water or gastrolyte or similar drinks. You'd need to check with your hospital team to see if they agree it is suitable for you, but many of our members use this. As it tastes slightly salty, it is an acquired taste. Drink as much daily as you would water.

St Mark's Solution Recipe:

1 litre water  
6 level teaspoons glucose  
1 level teaspoon salt  
1/2 teaspoon bicarb-soda.



## A Day in the life of an HPNer – Exercise

**Editor's Note:** Most people realise the value of exercise to promote health and fitness, but for people who live with a chronic illness, as HPNers do, it is sometimes difficult, or even impossible, to have a fitness regime. Since one of the AuSPEN Consumer Conference talks was on the topic of exercise, I asked our members to share what they do to keep fit. I wrote about my personal exercise activities in Issue 34, so won't repeat all of mine again; however, I felt it worthwhile for people looking for simple exercises to add photos of my morning routine, with an explanation, at the end of this article.

### Renee

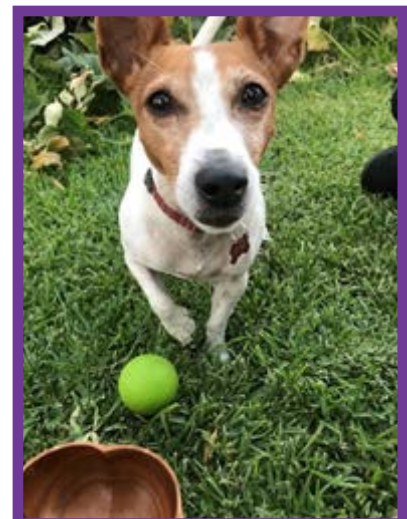
I do walking, housework and gardening. I did Pilates for years but have been advised it is not for me right now.

### Monika

I have no small bowel, fistulas and I'm on HPN, waiting on a bowel transplant, so I'm limited with what I can do. My exercise is gardening most days, housework, walking and some weights also. I also work part-time to keep my brain functioning and stop getting depressed, as my pain is through the roof most days.

### Sal

My exercise is walking the dogs, gardening and doing gentle stretches and muscle strengthening exercises and gentle weights. I wish I could dance again, or even try ballroom dancing. I used to be able swim but my team won't allow me to. I do get tired and puffed easily and luckily one of my dogs is old and slow on walks, so it isn't a fast pace. I do try and go for faster walks with a friend occasionally. I also get to exercise my throwing arm most days for my ball obsessed dog.



### **Susan**

I do the housework once a week and walk my dog Saturday and Sunday mornings, as I work the other days and it is way too hard to fit it in and I am way too tired.

At work there are stairs, which I go up numerous times a day, so I count that as exercise. I would love to do more, but it's just not possible. Having the dog pushes me to do some exercise, even if it's only in the backyard and a small walk.

### **Tracie**

As I have breathing issues, I don't exercise a lot, so I mainly go for a walk through the supermarket or shopping centres to stretch my legs. As they are climate controlled, it's also easier for me to breathe there. I have enrolled in cardio-physio for next year, so I'm hoping that will do me good.

### **Anne**

Once a week I attend an exercise class run by a local community organisation. About 10 people go regularly and we are all elderly. The fittest person is 90 and she is the best at "sit to stands" (she practices every day). I am 73 years old and the least fit, but I enjoy the company and the exercise does help. Like most people on HPN, I get fatigued really quickly, so I don't do much at home, but I try to go for a short walk every day.

### **Sarah**

I have just started using a mini stepper that I got from Big W for \$70! As I can't stand and walk for long due to severe pain, I find this is a great and safe way for me to exercise in small sessions, approximately 5 minutes a day.

### **Felicia**

I'm a folk dancer and have been dancing for 20 years, but the last 3 years or so I have really struggled, due to no energy from poor nutrition. I went from being in the performing group, to not even going to watch as it was too painful missing out on something I love so much. I've been on HPN for almost 6 months now, and I managed to not only attend, but participate in the last 3 Friday nights of the year - and dance for almost an hour each evening (even with my 2L of PN on my back)! Dancing is so good for the soul, and these kinds of social groups are low key, the dances are about 3-5 minutes each, some are very slow and easy, others are a bit faster and more complicated, but you can join in some, watch some, you don't need a partner (and in Covid climate we don't even hold hands) or wear special clothing or shoes. It's just fun and relaxing and the groups are so inclusive - I would totally recommend giving it a go if you wanted to try it out.

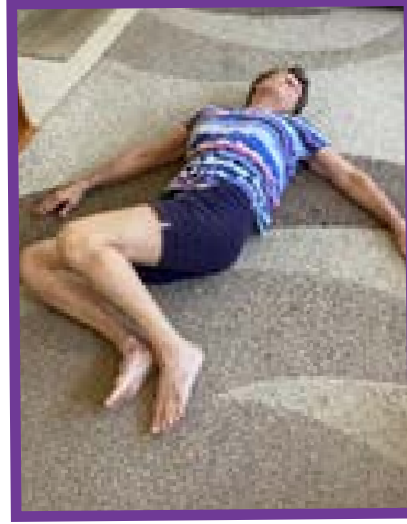
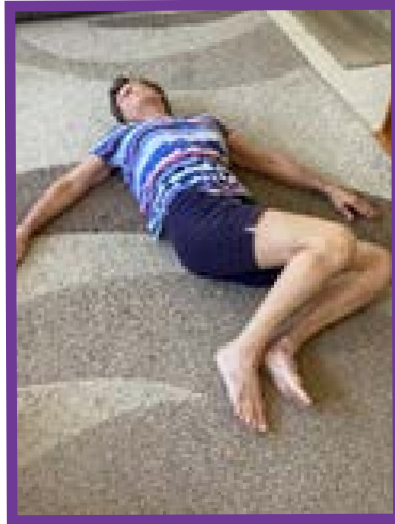
### **Naomi**

I try to go for a walk every morning and at the moment I'm doing rehab physio 2x a week. I'm finding it very helpful and have gained a lot of strength back, but am always exhausted for a day or two afterwards. I am finding it hard to keep up with housework because of the fatigue. I have a couple of weeks of that left and am hoping they will write me up an exercise plan to follow at home. I used to enjoy Pilates and yoga and hope I can get back to that one day. I always feel better mentally when I am able to engage in some form of exercise, so I'm hoping to keep up with some gentle stretches and resistance exercises as well as some cardiovascular on good days.

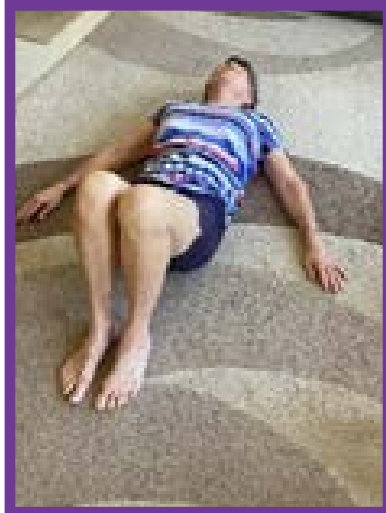
### **Gillian**

I began a few years ago doing some stretches every morning in the hope that they would strengthen my back, neck/shoulders and knees so that I didn't have to have sessions at the physio a few times a year. And it has worked! Since I've started doing these - stretches/exercises given to me by my physio, or my GP or my Pilates instructor - I haven't been to the physio. What's more, when I had my bone density scan in 2018, my score indicated that I had just crept into Osteopenia, so when I had my recent scan in late 2021, I was expecting it to have slipped further. Imagine my surprise when it came back as having improved slightly! Since exercise is supposed to be good for bone density, then in my mind it's these daily activities - which take me 5-7 minutes all up - that have improved this score and bone health.

Gillian's daily stretches/exercises that take 5-7 minutes. All done gently



1. Face and knees to opposite directions (x4)



2. Lie relaxed, small of back in its natural slight arch, then gently push down onto the floor. (x4)



3. 'Peel' the back off the floor, in a rolling action holding your core muscles (not just lifting up) Then roll it back (x3)



4. Gently pull each leg towards the chest (x3)



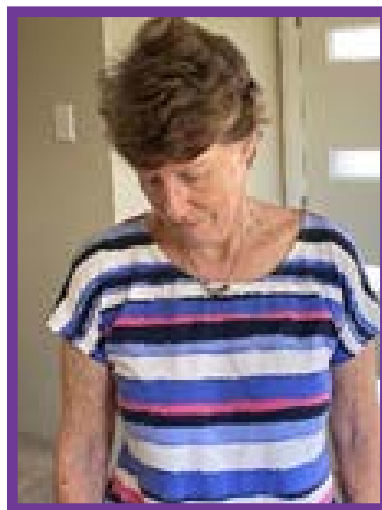
5. Bend forward slightly and go down and up again. (x10)

6. Shoulder roll forward (x3) and backwards (x3)

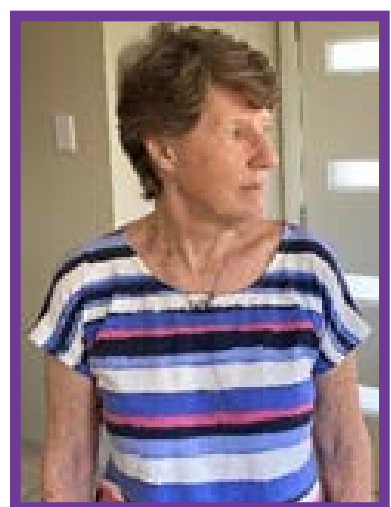




7. Gently tilt the head to the right, then left (x3)



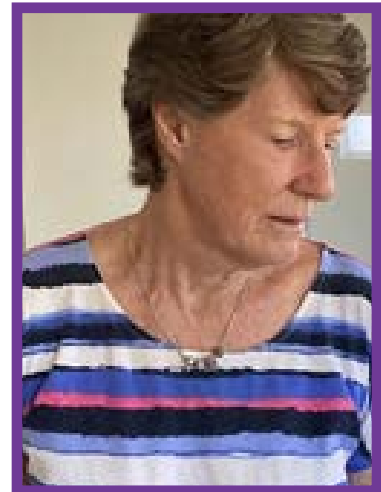
8. Look down to the right, then left (x3)



9. Gently look to the right then left (x3)



10. Gently look up, then down (x3)



11. Gently roll your head clockwise, then anti-clockwise.

## Upcoming Events



Feb 28 - Rare Disease Day

6-12 Feb - Feeding Tube Awareness week

Feb 28 - Mar 1 - Australian Patient Organisation Network (APON) Conference, Melbourne. The National Patient Organisation Network program is hosted by the Centre for Community-Driven Research (CCDR). The theme of the 2022 conference is to increase awareness of the role and services provided by patient organisations, as an integral part of the health system, and their unique role as advocates.

25 - 26 March - Intravenous Nursing New Zealand (IVNNZ) Conference in Christchurch.  
Conference theme: "Take the Reins... to keep on track with the fast pace of infusion therapy"



## Thank You



PNDU is very grateful for the support given by the donors listed below. We wish to thank the following for their generous gift. Total donations \$150.

- A. El-Kadhi
- J. Lee-Daniel

## Planning Overseas Travel



As a founding member of **PACIFHAN** (International Alliance of Patient Organisations for Chronic Intestinal Failure & Home Artificial Nutrition), PNDU can put you in contact with sister organisations in various countries overseas (UK, USA, Czech Republic, Denmark, Italy, France, Poland and Sweden) which may be able to assist with any HPN travel questions in those countries. Just ask us at [contactpndu@gmail.com](mailto:contactpndu@gmail.com).



## Membership for Aussie and Kiwi HPNers and carers:



We welcome all Aussie and Kiwi HPNers (ie those living at home on Home Parenteral Nutrition) and carers to become PNDU members. To become a member, we invite you to go to our [website Membership page](#).

### Benefits:

- Access to all areas of our website, including Members Only pages (Travel, Kiddies Korner, Pharmacy Scripts, Hints & Tips, Clinical Info and more ...).
- Access to one or both of our private on-line groups (email and Facebook), connecting you with a wonderful network of support from other HPNers and carers.
- Receive news/information on HPN-related issues.
- Opportunity to contribute to PNDU Inc.'s work in raising awareness of HPN and supporting HPN research.



## For HPN clinicians, industry employees, overseas HPNers, carers and those just interested:



We also welcome others to join PNDU as members, giving you access to all pages of our website, receipt of our newsletter Dripline and other HPN-related news, as well as opportunity to contribute to PNDU Inc.'s work in raising awareness of HPN and supporting HPN research. To join, please go to our [website Membership page](#).



If you would like to support the work of PNDU, we would welcome your donation, no matter how big or small. Please go to the [Donate page](#) on our website for PayPal and Direct Deposit details.

**All donations over \$2 made to PNDU in Australia are tax deductible!**

For our New Zealand supporters, PNDU has partnered with IPANEMA, to make supporting PNDU from NZ easy! Tax deductible donations to PNDU can be made by NZ based companies to IPANEMA, while individuals in NZ making a donation to PNDU through IPANEMA may claim a tax credit for their donations\*. IPANEMA will pass on to PNDU 100% of such funds. (\*This is general information only, please see your accountant for specific advice about your financial rights and obligations.)

## Donating via direct deposit

Please provide your name as a reference. If you require an acknowledgement/receipt of your donation, please email us at [contactpndu@gmail.com](mailto:contactpndu@gmail.com).



<p><b>Australia (\$AUD)</b>                  Bank: Westpac                  Account Name: <b>PNDU Inc.</b>                  BSB: 032 056                  A/C No.: 482 738</p>	<p><b>NEW ZEALAND: (\$NZD):</b>                  Bank: ANZ                  Account name: IPANEMA                  A/c No: 06 0273 0308799 00                  Please include reference "PNDU"                  IPANEMA (Charities Commission Registration CC21178) is a NZ charity</p>
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## Management Committee Members

**President** - Chris  
**Vice-President** - Gillian  
**Secretary/Public Officer** - Miranda  
**Treasurer** - Tracie  
**Dripline Editor** - Gillian  
**Committee Members** - Fay, Ryan and Naomi

## Contact Us

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