

## RETRAINING OF HOME PARENTERAL NUTRITION (HPN) USERS IN AUSTRALASIA – A CONSUMER AUDIT STUDY

### **Abstract:**

#### **Introduction**

Published guidelines recommend patients and carers are trained and meet competency in certain criteria of connecting and disconnecting procedures before going home with HPN. Despite many HPN users requiring HPN indefinitely, PNDU was not aware of retraining of HPN users unless the user had recurring central line-associated blood-stream infection (CLABSI).

#### **Objectives**

To survey PNDU members on their experiences of formal retraining in HPN procedures, and how members perform one aspect of these procedures: withdraw back (into syringe), for comparison with latest expert opinion.

#### **Methods**

An anonymous on-line questionnaire was circulated to all Australasian HPN members in November 2018.

#### **Results**

There were 40 responders representing 30 adult and 10 child HPN users. Thirty-two (80.0%) responders had been on HPN for 2 or more years, receiving initial training before discharge. Just over half (57.9%) had received retraining with most (81.0%) retraining prompted by a specific event, commonly related to a suspected or confirmed CLABSI or change of medical equipment/item used to perform the procedure. Overall, 34 (85.0%) responders withdrew back into the syringe before connecting to PN, 25 (73.5%) discarded the aspirate, and 9 pushed the fluid back into the central line.

#### **Conclusions**

Few HPN users receive regular retraining as part of HPN management. Considering possible benefits in complication prevention, consequentially maintaining quality of life and reducing healthcare costs, we recommend discussion and further research into regular retraining. Additionally, more research is needed to determine best practice for withdrawal of blood, and, if required, how much drawback is sufficient and safe.