

## Introduction to Parenteral Nutrition

### Aim

- To have a thorough understanding on estimating energy requirements for patients requiring Parenteral Nutrition (PN).
- To have an appreciation of the importance of assessing and monitoring patients at high risk of refeeding syndrome and how this impacts on a PN regimen.
- To develop an awareness of the principle theories and practical concepts when commencing a patient on PN, monitoring the patient and subsequently weaning off PN.

### Learning Outcomes

By the end of the course, delegates will:

- Be able to define the term PN and state the indications for use.
- Be able to state the common access routes for PN and when each site would be chosen.
- Be able to state 2 advantages and disadvantages of tailor made and off the shelf regimens.
- Know professional boundaries and responsibilities of care for PN patient.
- Be able to match a patient's nutritional requirements to a range of readymade Total Parenteral Nutrition (TPN) bags.
- Be capable of introducing a staged refeeding TPN regimen.
- Be able to monitor a patient on PN (including fluid balance, biochemistry and anthropometry).
- Be able to wean a patient off PN and ensure a smooth transition to enteral feeding.

### More Information

Please direct queries to:

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