MANAGEMENT OF HOME PARENTERAL NUTRITION: QUALITY OF LIFE, COMPLICATIONS AND SURVIVAL (SWISSHPN II STUDY)

Author/Address of institution:
Emilie Reber1, Kaspar Staub2, Katja Schönenberger1, Anastasia Stanga1, Michèle Leuenberger3, Claude Pichard4, Philipp Schuetz5, Stefan Mühlebach6, Zeno Stanga1

1 Department of Diabetes, Endocrinology, Nutritional Medicine and Metabolism, Inselspital, Bern University Hospital, and University of Bern, 3010 Bern, Switzerland
2 Institute for Evolutionary Medicine, University of Zürich, 8057 Zürich, Switzerland
3 Department of Visceral Surgery and Medicine, Inselspital, Bern University Hospital, University of Bern, 3010 Bern, Switzerland
4 Clinical Nutrition, Geneva University Hospital, 1205 Geneva, Switzerland
5 Medical University Department, Division of General Internal and Emergency Medicine, Kantonsspital Aarau, Switzerland
6 Department of Clinical Pharmacy and Epidemiology, University of Basel, 4031 Basel, Switzerland

Background/Introduction:
Parenteral nutrition became an efficient, safe and convenient treatment over years for patients suffering intestinal failure. This treatment may be carried out in a home setting, enabling the patients to have a high quality of life in their own environment. Such a therapy however implies many restrictions and possibly severe to lethal complications. Prevention and therapy of the latter are therefore of utmost importance. This study aims to assess and characterize the situation of patients with home parenteral nutrition focusing on the prevalence of catheter-related complications and mortality.

Methods:
The present multicentre prospective observational study collected demographic, anthropometric, and catheter-related data by means of questionnaires every six month, focusing on survival, complications and quality of life during 24 months.

Results:
Seventy adult patients (50% women) on home parenteral nutrition were included. The most common underlying diseases were cancer (23%), bariatric surgery (11%) and Crohn’s disease (10%). The most prevalent indication was short bowel syndrome (29%). During the study period, 47% of the patients could be weaned off the parenteral nutrition and mortality rate reached 7% for a median treatment duration of 1.31 years. The rate of catheter related infection was 0.66/1000 catheter-days (0.28/catheter-year) while the rate of the central venous thrombosis was 0.13/1000 catheter-days (0.05/catheter-year).

Conclusion:
This study gives a comprehensive overview of the Swiss patients’ population with home parenteral nutrition. The collected data are prerequisite for evaluation, comparison, and improvement of recommendations to ensure best treatment quality and safety from the indication to the monitoring and complication management.