Home parenteral nutrition workshop take off: A pilot program for patient support
Christina Ritchey MS RD LD CNSC, Hannah Heredia MS RD, Alaina McCormick, Jayme Scali, Gaby Luna

Background
A national home infusion company piloted a virtual home parenteral nutrition (HPN) workshop program after a potential gap in health care was observed by clinicians providing support for long term HPN patients and caregivers. Support is an important aspect of HPN patients’ overall care, quality of life (QoL), mental and emotional health. Studies show enhancing support for long term therapies, such as HPN, improves patient outcomes and compliance. The workshops created an inclusive environment to share concerns and questions regarding HPN therapy.

Purpose
The purpose of this abstract is to evaluate the effectiveness of a HPN workshop pilot program.

Methods
A preliminary survey was sent to HPN patients identifying workshop topics of interest. The workshops were held 6 times during February - September 2022 on a monthly schedule to promote attendance. All active adult and pediatric HPN patients and caregivers who provided an email were sent a workshop invitation. Facilitators for the 1-hour workshops included nurses, dietitians, HPN patients and caregivers who provided an email were sent a workshop invitation. Registrants who were unable to attend last minute, time of workshop, and combining pediatrics and adults. Participants commented they would like more time to exchange information and talk after the presentation.

Results
Workshop attendees included 66% patients, 31% caregivers, 3% anonymous; with 75% being female (Table 1). Prior to attending the workshops, respondents reported receiving support from their medical team, social media, nutrition support organizations, and online searches. Participants felt attending the workshop had a positive effect on several aspects of their QoL (Chart 2). Respondents reported the most useful aspects of the workshops were to increase their knowledge, get practical advice, and listen to guest speakers (Chart 3). In addition, 63% rated the overall experience of the workshop very good and 69% rated the content of the discussions very good (scale very poor to very good).

Discussion
Post-evaluation results reveal attendees felt the HPN workshops improved their knowledge and QoL. Since topics included reinforcement of HPN care standards of practice, workshops could potentially help patients maintain complication free therapy, improve compliance, and understanding regarding HPN.

Conclusions
Barriers identified during this pilot program include comfort level with the virtual platform, registrants unable to attend last minute, time of workshop, and combining pediatrics and adults. Participants commented they would like more time to exchange information and talk after the presentation. Registrants who were unable to attend expressed interest in the workshops being recorded. Despite barriers, the positive experience of attendees suggests the pilot program was successful and fills a gap for additional support for long term HPN patients and caregivers.

Table 1. Demographics

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aggregate attendees</td>
<td>47</td>
</tr>
<tr>
<td>Unique attendees</td>
<td>32</td>
</tr>
<tr>
<td>Male % (No.)</td>
<td>22% (7)</td>
</tr>
<tr>
<td>Female % (No.)</td>
<td>78% (24)</td>
</tr>
<tr>
<td>Relationship % (No.)</td>
<td></td>
</tr>
<tr>
<td>Patient</td>
<td>66% (21)</td>
</tr>
<tr>
<td>Caregiver</td>
<td>31% (10)</td>
</tr>
<tr>
<td>Anonymous</td>
<td>3% (1)</td>
</tr>
<tr>
<td>Patient age, mean years</td>
<td>49 ± 19</td>
</tr>
<tr>
<td>Length or time patient on HPN, % (No.)</td>
<td></td>
</tr>
<tr>
<td>&lt; 1 year</td>
<td>6% (2)</td>
</tr>
<tr>
<td>1-5 years</td>
<td>47% (15)</td>
</tr>
<tr>
<td>&gt; 5 years</td>
<td>16% (5)</td>
</tr>
<tr>
<td>&gt; 10 years</td>
<td>28% (9)</td>
</tr>
<tr>
<td>Anonymous</td>
<td>3% (1)</td>
</tr>
<tr>
<td>Primary diagnosis related to HPN, % (No.)</td>
<td></td>
</tr>
<tr>
<td>Gastroparesis</td>
<td>42% (13)</td>
</tr>
<tr>
<td>Short Bowel syndrome</td>
<td>28% (9)</td>
</tr>
<tr>
<td>Other</td>
<td>16% (5)</td>
</tr>
<tr>
<td>Cancer</td>
<td>9% (5)</td>
</tr>
<tr>
<td>Inflammatory bowel disease</td>
<td>5% (1)</td>
</tr>
<tr>
<td>Anonymous</td>
<td>3% (1)</td>
</tr>
</tbody>
</table>

Disclosures
All authors are employees of Optum Infusion Pharmacy.

Chart 1. Reason for attending HPN workshop

- To increase my knowledge: 94%
- To support for me: 69%
- To support family/friend: 25%
- Social aspect: 25%
- Other: 16%
- To reduce virtual support: 6%

Chart 2. QoL impact of attending HPN workshop

- Confidence: 53%
- Coping with day to day challenges: 27%
- Feelings of isolation: 27%
- Wellbeing: 27%
- Understanding your diagnosis: 20%
- Stress level: 15%
- Empowering you to communicate: 15%
- None: 15%
- Self esteem: 15%

* Respondents could select all that apply

Chart 3. Most useful aspects of HPN workshop

- To increase my knowledge: 75%
- To get practical advice: 75%
- To listen to guest speakers: 63%
- To share information: 63%
- Convenience since it’s virtual: 50%
- To feel connected: 44%
- To meet others in similar conditions: 38%
- To better understand my disease: 38%
- Free to attend: 31%
- Support network for me: 25%
- To help educate others: 25%
- Benefits it brings to my family: 19%
- The workshops host(s): 6%
- Respite: 6%
- Other: 6%

To better understand my disease 38%
To meet others in similar conditions 38%
Free to attend 31%
Support network for me 25%
To help educate others 25%
Benefits it brings to my family 19%
The workshops host(s) 6%
Respite 6%
Other 6%

Chart 4. Support network for me

- Family/friend: 25%
- Other: 25%
- Social: 25%
- Other: 16%
- Spiritual: 13%
- Anonymous: 6%
- To feel connected: 6%

To increase my knowledge 94%
To support for me 69%
To support family/friend 25%
Social aspect 25%
Other 16%
To reduce virtual support 6%