

Home parenteral nutrition workshop take off: A pilot program for patient support

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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 surrounding 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.

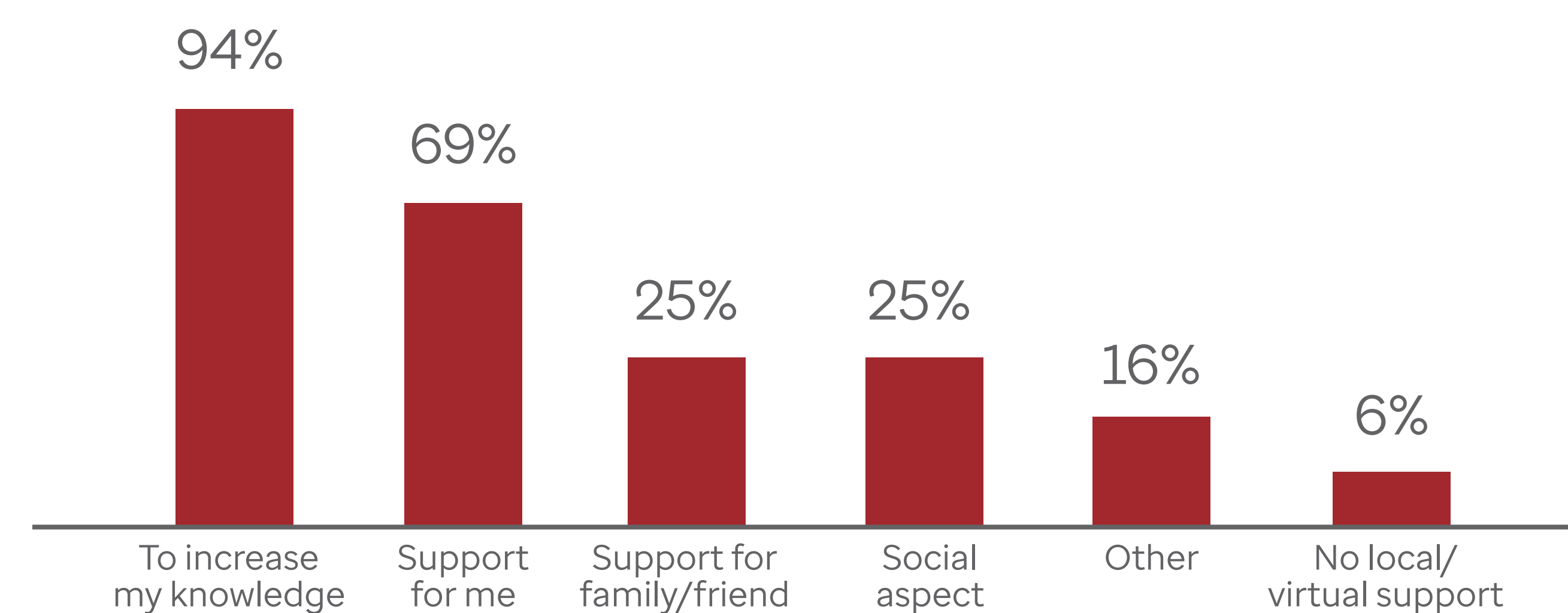
Methods

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, and HPN peer advocates. Post-workshop, an 11-question evaluation was emailed to all attendees.

Results

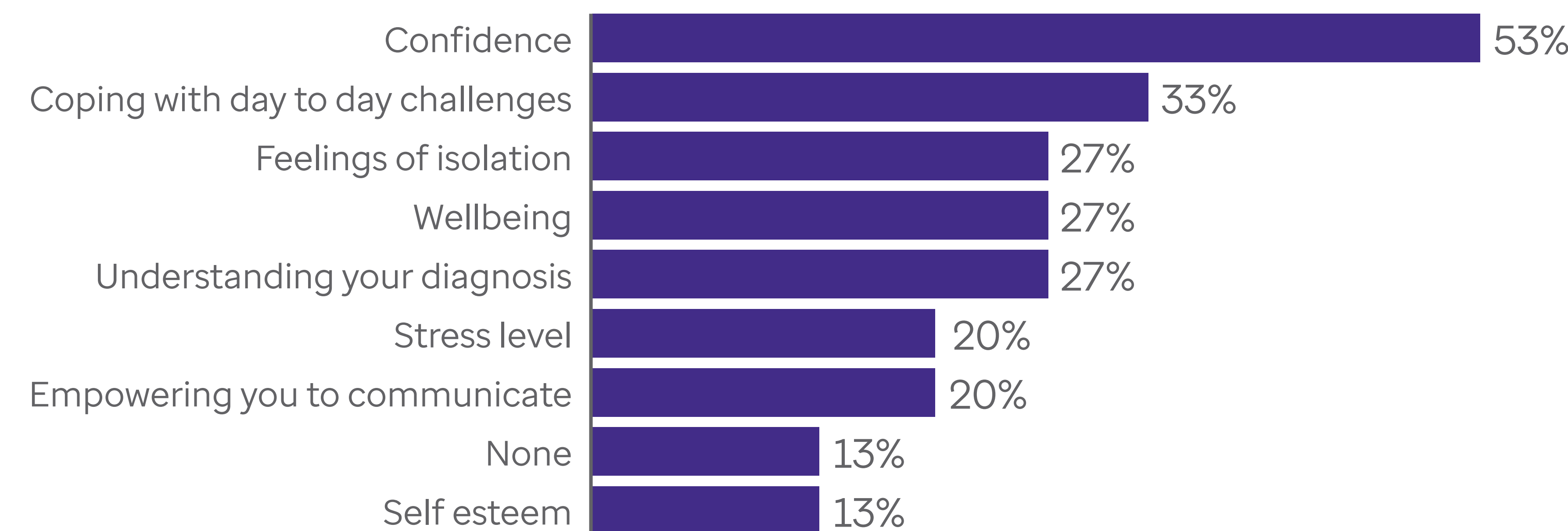
Workshop attendees included 66% patients, 31% caregivers, 3% anonymous; with 75% being female (Table 1). On average 41% of registrants attended each month. The most common diagnosis was gastroparesis (41%), followed by short bowel syndrome (28%). Most patients had been on HPN 1-3 years (47%).

Chart 1. Reason for attending HPN workshop



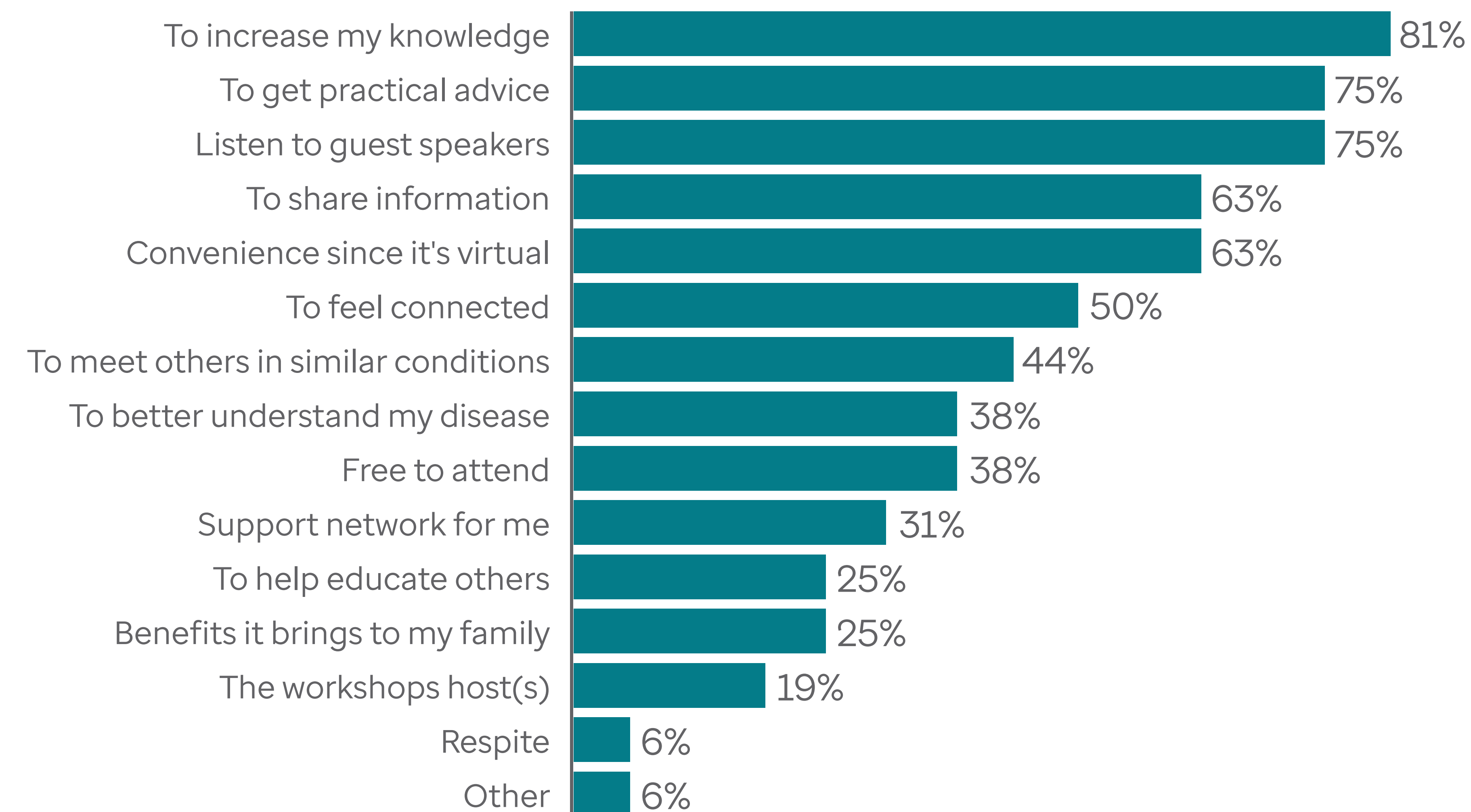
Post-workshop evaluations were completed by 34% of attendees. Results showed 66% attended 1 workshop, 31% attended 2-3 times and 3% unknown due to anonymous option. Most respondents reported attending the workshops to increase their knowledge (94%) and find support for themselves (69%) (Chart 1). Prior 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).

Chart 2. QoL impact of attending HPN workshop



* Respondents could select all that apply

Chart 3. Most useful aspects of HPN workshop



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

Characteristics	Value
Aggregate attendees	47
Unique attendees	32
Male % (No.)	22% (7)
Female % (No.)	75% (24)
Relationship % (No.)	
Patient	66% (21)
Caregiver	31% (10)
Anonymous	3% (1)
Patient age, mean years	49 ± 19
Length or time patient on HPN, % (No.)	
< 1 year	6% (2)
1-3 years	47% (15)
> 3-5 years	16% (5)
> 5 years	28% (9)
Anonymous	3% (1)
Primary diagnosis related to HPN, % (No.)	
Gastroparesis	41% (13)
Short Bowel syndrome	28% (9)
Other	16% (5)
Cancer	9% (3)
Inflammatory bowel disease	3% (1)
Anonymous	3% (1)

Disclosures

All authors are employees of Optum Infusion Pharmacy.

