

Assessment Tools and Guidelines: Parenteral Nutrition Therapy

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Malnutrition is associated with an increased frequency of treatment complications and length of stay in the intensive care unit (ICU) and hospital, as well as increased costs of medical care. Patients at high risk for malnutrition should be identified and evaluated for specialized nutrition support (SNS).¹

It is important to choose the appropriate route of nutrition support for patients at risk for malnutrition to positively influence patient outcomes.¹ In patients with a functioning gastrointestinal (GI) tract, enteral nutrition (EN) can improve outcomes. EN has been shown to improve nutritional status and reduce length of stay in the ICU, and it is associated with fewer infectious complications than parenteral nutrition (PN).² The major limitation of EN is the need to gain enteral (post-pyloric) access so that the nutrient infusion is tolerated and serious complications, such as aspiration pneumonia, are avoided.¹ Techniques are available to facilitate access to the GI tract so that enteral tube feedings may be administered safely. For patients who have nonfunctioning GI tracts, PN is the available method

of nutritional support.² PN is essential for patients who are severely malnourished and have GI tract problems that are not expected to resolve within 7 days.^{1,4} PN is complex and has been associated with a unique set of complications, some of which can be serious or even life-threatening.³ In addition, few published reports can be found that demonstrate a consistently favorable effect of PN on patient outcomes.⁴⁻¹⁰

This educational review discusses nutritional assessment, nutritional requirements, PN formulation design, medication compatibility with PN, and guidelines for special diseases, as well as an overview of evidence-based guidelines published by the American Society for Parenteral and Enteral Nutrition (ASPEN).^{1,2} Also included in the review is a discussion of FDA regulations



Assessment Tools And Guidelines Parenteral Nutrition Therapy

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