

TITLE

ADULT PARENTERAL NUTRITION ADMINISTRATION AND MONITORING**SCOPE**

Provincial: Acute Care

DOCUMENT

HCS-218-01

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Parenteral Nutrition Administration and Monitoring Policy (HCS-218)

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November 1, 2021

NOTE: The first appearance of terms in bold in the body of this document (except titles) are defined terms – please refer to the Definitions section.

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OBJECTIVES

- To provide a standardized process for the safe storage, administration, and monitoring of **parenteral nutrition (PN)** to reduce the risk of infection and complications for adult **patients** in Acute Care within **Alberta Health Services (AHS) settings**.

APPLICABILITY

Compliance with this document is required by all Alberta Health Services employees, members of the medical and midwifery staffs, Students, Volunteers, and other persons acting on behalf of Alberta Health Services (including contracted service providers as necessary), working within Acute Care.

ELEMENTS**1. Points of Emphasis**

- 1.1 Parenteral nutrition (PN) is a **high-alert medication**. An **independent double-check (IDC)** shall be performed as per the AHS *Independent Double-Check Guideline*.
- 1.2 Di-ethylhexyl-phthalate (DEHP)-free equipment is required for administration of **lipid emulsions** and any **amino acid dextrose solution** tubing that may be connected to this equipment.
- 1.3 Trace all infusion lines from patient to point of origin and label all lines as per the AHS *Invasive Infusion Line and Tubing Verification Policy*.

- 1.4 **Hand hygiene** shall be followed as per the AHS *Hand Hygiene* Policy and Procedure.
- 1.5 Minimize the use of add-on devices for administration sets as each device is a potential source of contamination, misuse, and disconnection; use an administration set that already integrates the devices (e.g., filters) into the set.
- 1.6 Maintain PN infusion as a closed system by avoiding disconnections for medication administration, diagnostic tests, or patient transfer.

2. Prior to Administration

- 2.1 Storage of PN:
 - a) Amino acid dextrose solution and **total nutrient admixtures (TNA)/3-in-1** at room temperature should be administered immediately upon delivery from the pharmacy. If not administered immediately, store in the medication refrigerator.
 - (i) When ready to administer the refrigerated amino acid dextrose solution or TNA/3-in-1, the solution should be warmed to room temperature for at least 30 to 60 minutes prior to priming and administering.
 - b) Lipid emulsions should be stored at room temperature.
- 2.2 **Health care professionals** shall verify all components on the PN bag/container labels against the PN order in accordance with the AHS *Independent Double-Check* Guideline.
- 2.3 Inspect the formulation for particulate matter, crystallization, layering, discolouration, holes, or leaks in the bag/container. If any of these are present or there are any other concerns, do not use and contact the pharmacy.
- 2.4 Gather the following equipment on a clean work surface:
 - a) **Safer Medication Administration (through) Technology (SMART) pumps** for all PN infusions;
 - b) amino acid dextrose solution administration set with 0.22 or 0.2 micron filter (in-line recommended);
 - (i) DEHP-free equipment is required for any amino acid dextrose solution tubing that may be connected to the lipid emulsion.
 - c) DEHP-free lipid emulsion administration set with 1.2 micron filter (in-line recommended);
 - d) DEHP-free administration set for TNA/3-in-1 with 1.2 micron filter (in-line recommended);

- e) DEHP-free connector and/or extension set (as necessary);
 - (i) A needleless connector should be used to maintain a closed system.
- f) IV tubing labels;
- g) AHS-approved antiseptic agent; and
- h) gloves and other personal protective equipment as required, at **point of care risk assessment** as per the *AHS Glove Use and Selection: Infection Prevention & Control (IPC) Best Practice Guideline*.

3. Administration Set Up

- 3.1 Do not prime administration sets until just prior to administration.
- 3.2 Perform hand hygiene as applicable throughout the procedure.
- 3.3 Maintain **asepsis** with **no touch technique** as appropriate.
- 3.4 Verify patient identity using two (2) patient identifiers as per the *AHS Patient Identification Policy*.
- 3.5 Verify appropriate vascular access prior to initiating PN infusion in alignment with standard infusion therapy practice.
 - a) PN may be administered via a central or peripheral line as per **authorized prescriber's** order. If central access is no longer available, notify authorized prescriber for next steps. For more information, see the *AHS Provincial Adult Nutrition Support Manual*.
- 3.6 Confirm patency of vascular access device (VAD) catheter.
- 3.7 Prime and remove air in tubing and filter according to directions on package, as available.
- 3.8 Scrub needleless connector or injection port vigorously on top and sides for a minimum of 15 seconds using AHS-approved antiseptic solution and allow to air dry (do not blow on or pat dry). After disinfection of needleless connectors or injection ports, do not touch these surfaces, and ensure they do not come into contact with unsterile surfaces (e.g., hands, patient's skin, clothing, linens).
- 3.9 Trace tubing from the patient to the point of origin (bag, pump, and device) and label all lines as per the *AHS Invasive Infusion Line and Tubing Verification Policy*.
- 3.10 Ensure all connections are secure.
- 3.11 Perform independent double-check of patient verification, pump setting, and line tracing prior to initiation at bedside.

4. Hang Time and Tubing Changes

- 4.1 Amino acid dextrose solution set up:
- a) **Hang/infusion time** of 24 hours maximum from priming.
 - b) Change administration set, filter, and extension sets every 24 hours.
- 4.2 Lipid emulsion set up:
- a) Hang/infusion time of 12 hours maximum from priming.
 - b) Discard administration set up, filters, and lipid emulsion when infusion is completed.
- 4.3 TNA/3-in-1 set up:
- a) Hang/infusion time of 24 hours maximum from priming.
 - b) Change administration sets, filters, and extension sets every 24 hours.
- 4.4 Cyclic Parenteral Nutrition:
- a) The decision to initiate **cyclic parenteral nutrition** is that of the authorized prescriber in consultation with the health care team. Refer to the *AHS Provincial Adult Nutrition Support Manual* for guidance on cyclic PN.
 - (i) Hang/infusion time of less than 24 hours as per authorized prescriber's order.
 - (ii) When initiating each cycle, a new administration set, filter, extension set, and PN container shall be used.
 - (iii) At the end of each cycle, discard any unused PN.

5. Infusion Practices During Administration

- 5.1 A dedicated venous access line and/or lumen for PN infusion should be used. When possible, the PN line/lumen should not be used for:
- a) administration of medications (refer to the *AHS Provincial Parenteral Monographs* and/or contact the Pharmacist for special circumstances);
 - b) administration of blood products or components; and/or
 - c) blood sampling.
- 5.2 All PN shall be administered directly from the PN bags/containers compounded by an AHS pharmacy or the original manufacturer's container.

- 5.3 No additions shall be made to PN outside of an AHS pharmacy that provides the PN.
- 5.4 When changing administration sets, coordinate with changing of the PN bag/containers at the same time, whenever possible.
- 5.5 If unable to use amino acid dextrose solution or TNA/3-in-1 and a replacement bag is not available, a dextrose solution may be required until the replacement is available.
 - a) An authorized prescriber's order is required for a dextrose solution replacement. Refer to the AHS *Provincial Adult Nutrition Support Manual*.

6. Monitoring

- 6.1 Monitor and assess the patient for the following, as per authorized prescriber's orders, which may include but are not limited to:
 - a) vital signs;
 - b) weight;
 - c) intake and output/fluid status;
 - d) blood glucose and other applicable laboratory values;
 - e) change in patient status;
 - f) potential complications (see Appendix A of this document); and
 - g) integrity of PN and/or delivery system (tubing/filters/infusion pump).

For more information see the AHS *Provincial Adult Nutrition Support Manual*.

- 6.2 Vascular access device (VAD), site, and administration set up shall be assessed in alignment with standard infusion therapy practice.
- 6.3 PN and administration tubing shall be changed immediately if contamination is suspected.

7. Titrating

- 7.1 A titrating period may be required to gradually decrease the volume of PN given to the patient as the patient increases oral/enteral consumption.
 - a) A titration order is required from an authorized prescriber to make ongoing rate adjustments.

8. Patient Education

- 8.1 The health care professional administering the PN shall ensure the patient and family receives and/or is aware of the following information:
- a) rationale for the PN;
 - b) signs and symptoms that indicate a therapeutic response, potential complications, or an adverse reaction;
 - c) importance of hand hygiene and keeping the vascular site clean and dry in order to reduce the risk of infection;
 - d) procedures to be followed for the proper administration of PN; and
 - e) explanation and rationale for all related procedures, such as catheter care and laboratory testing.

9. Documentation

- 9.1 Documentation of PN in the patient's health record shall include but is not limited to:
- a) patency of the vascular access device (VAD);
 - b) initiation, titration, and discontinuation times of infusion;
 - c) infusion rate and any rate changes;
 - d) route of administration;
 - e) results of blood glucose monitoring (as appropriate);
 - f) patient's response to therapy;
 - g) patient/family education and any resources provided; and
 - h) signatures of both health care professionals that performed the independent double-check of PN.

DEFINITIONS

Alberta Health Services (AHS) settings means any environment where treatment/procedures and other health services are delivered by, on behalf of or in conjunction with, Alberta Health Services.

Amino acid dextrose solution means a complex formulation of dextrose, amino acids, electrolytes, minerals, vitamins and trace elements.

Asepsis means techniques used to reduce the number of micro-organisms and to prevent their spread.

Authorized prescriber means a health care professional who is permitted by Federal and Provincial legislation, their regulatory college, Alberta Health Services, and practice setting (where applicable) to prescribe medications.

Cyclic parenteral nutrition means the infusion of a PN formulation over less than a 24-hour period.

Hand hygiene means practices which remove micro-organisms, with or without soil, from the hands (refers to the application of alcohol-based hand rub or the use of plain/antimicrobial soap, and water hand washing).

Hang/infusion time means the period of time beginning with the flow of a fluid to the patient through an administration set and catheter and ending with the completion of the infusion.

Health care professional means an individual who is a member of a regulated health discipline, as defined by the *Health Disciplines Act* (Alberta) or the *Health Professions Act* (Alberta), and who practices within scope and role.

High-alert medication(s) means medications that bear a heightened risk of causing significant patient harm when used in error.

Independent double-check means a verification process whereby a second health care professional conducts a verification of another health care professional's completed task. The most critical aspect is to maximize the independence of the double-check by ensuring that the first health care professional does not communicate what they expect the second health care professional to see, which would create bias and reduce the visibility of an error.

Lipid emulsion means a mixture of one (1) or more fats for intravenous use. Lipid emulsions are available in different types and volumes.

No touch technique means the overriding basic principle that the key sites (i.e., infusion tubing spike, infusion site, wound), must not come into contact with any item (hand, equipment, solution) that is not sterile.

Sterile gloves are not always required for standard no touch technique. Each procedure must be assessed for risk of contamination. Whether sterile or non-sterile gloves are worn depends on if you can avoid touching the sterile parts of equipment which will come into contact with the susceptible areas (i.e., tubing spike, infusion cannula, site, wound, etc.). If you can carry out the procedure without touching the key part with your hands, non-sterile clean gloves may be worn.

Parenteral nutrition (PN) means an intravenous provision of nutritional needs for a patient who is unable to take appropriate amounts of nutrition enterally; typical components include carbohydrates, proteins, and/or lipids/fats, as well as additives such as electrolytes, vitamins, and trace elements.

Patient means all persons who receive or have requested health care or services from AHS and its health care providers and also means, where applicable:

- a) A co-decision-maker with the person; or

- b) An alternate decision-maker on behalf of the person.

Point of care risk assessment (PCRA) means the health care worker evaluation of the likelihood of exposure to an infectious agent, for a specific interaction with a specific patient in a specific environment. The health care worker makes decisions such as patient room placement and choice of personal protective equipment based on the PCRA.

Safer medication administration (through) technology (SMART) pumps means infusion pumps with dose error reduction software (DERS). DERS means pre-determined programming for compatible pumps with digital memory, including minimum and maximum doses and minimum and maximum rates of administration, for given standard concentrations of solution.

Total nutrient admixture (TNA) means a 3-in-1 formulation that includes amino acids, dextrose and lipid emulsion along with prescribed micronutrients together in a single bag.

REFERENCES

- Appendix A: *Potential Complications of Parenteral Nutrition*
- Alberta Health Services Governance Documents:
 - *Hand Hygiene Policy and Procedure (#PS-02)*
 - *Independent Double-Check Guideline (#PS-60-01)*
 - *Invasive Infusion Line and Tubing Verification Policy (#PS-15)*
 - *Management of High-Alert Medications Policy (#PS-46)*
 - *Neonatal Parenteral Nutrition Administration and Monitoring Procedure (#HCS-218-02)*
 - *Parenteral Nutrition Administration and Monitoring Policy (#HCS-218)*
 - *Parenteral Nutrition Management Policy (#HCS-217)*
 - *Patient Identification Policy (#PS-06)*
 - *Pediatric Parenteral Nutrition Administration and Monitoring Procedure (#HCS-218-03)*
- Alberta Health Services Resources:
 - *Glove Use and Selection: Infection Prevention & Control (IPC) Best Practice Guideline*
 - *Provincial Adult Nutrition Support Manual*
 - *Provincial Parenteral Monographs*
- Non-Alberta Health Services Documents:
 - *Infusion Nursing Standards of Practice, 2016* (Infusion Nurses Society)
 - *Medication Guidelines, 2015* (College and Association of Registered Nurses of Alberta [CARNA])
 - *Parenteral Nutrition: Administering -- an Overview, 2016* (CINAHL Nursing Guide)
 - *Parenteral Nutrition: Administering via Central Venous Access, 2016* (CINAHL Nursing Guide)
 - *Parenteral Nutrition Safety Consensus Recommendations, 2014* (American Society for Parenteral and Enteral Nutrition [ASPEN])

VERSION HISTORY

Date	Action Taken
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APPENDIX A

Potential Complications* of Parenteral Nutrition

Complication	Signs and Symptoms
Infection	<ul style="list-style-type: none"> • Fever • Inflammation, redness or drainage at catheter insertion site • Chills
Fluid Volume Excess	<ul style="list-style-type: none"> • Sudden weight gain • Edema • Dyspnea • Pulmonary Congestion • Tachycardia
Electrolyte Imbalances (Ca ⁺⁺ , K ⁺ , Na ⁺ , Mg ⁺⁺ , PO ₄)	<ul style="list-style-type: none"> • Hypo/Hypercalcemia • Hypo/Hyperkalemia • Hypo/Hyponatremia • Hypo/Hypermagnesemia • Hypo/Hyperphosphatemia
Hyperglycemia	<ul style="list-style-type: none"> • Dehydration • Elevated serum osmolarity • Seizures • Coma • Somnolence
Hypoglycemia	<ul style="list-style-type: none"> • Weak • Shaky • Cool • Clammy
Hepatic Dysfunction	<ul style="list-style-type: none"> • Review results of PN blood work for abnormal lab results.
Allergic/Adverse Reactions	<ul style="list-style-type: none"> • Fever, chills, nausea/vomiting, hives, back pain, headache, dyspnea, chest pain
Fat/Lipid Overload	<ul style="list-style-type: none"> • Change in temperature, vital signs, breathing or neurological status
Extravasation	<ul style="list-style-type: none"> • Redness, burning, stinging sensation, blistering or necrosis at the catheter insertion site • Fever, chills

*If the patient exhibits any of the above complications, notify the authorized prescriber and follow the applicable Zone/site/unit protocol or process.