

# Management of home parenteral nutrition: A prospective multicentre observational study

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**Background:** There are no specific Swiss home parenteral nutrition (HPN) data showing patient characteristics, quality of life (QoL) and complications. The goal of this study was to collect representative nationwide data on current adult HPN patients in Switzerland for international comparability and benchmarking.

**Methods:** Multicenter, nationwide, observational study. We conducted interviews for demographics, PN characteristics, QoL and complications. The data were assessed at baseline and after a follow-up of three months by a questionnaire.

**Results:** Thirty-three adult patients were included. The most common underlying diseases were cancer, radiation enteritis and state after bariatric surgery and the most prevalent indication was short bowel syndrome. During the three-month observation period, significant increase or stabilization of body weight occurred in the patients, physical activity scores improved from 34.0 to 39.0 and mental scores improved from 41.9 to 44.5. HPN dependency and traveling restrictions were of the greatest concern. Diarrhea, xerostomia and/or thirst were frequent complaints.

**Conclusion:** Anthropometric parameters and QoL improved during the observational period in this HPN cohort. This Swiss HPN data are prerequisite for evaluation and comparison of HPN recommendations and best clinical practice, status of professional care instructions related to HPN effectiveness, quality of treatment and patient safety.

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