

PARENTAL NUTRITION, IS STANDARDIZATION ACCEPTABLE?

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BACKGROUND

A prospective study in which the standard parenteral nutrition prescribed by physicians for adult patients was compared with one designed by a resident pharmacist taking advantage of nutritional knowledge acquired during an intern-ship in the area of nutrition with other hospital.

PURPOSE

To weigh the advantages and disadvantages of individualised and standardised parenteral nutrition formulas.

MATERIAL AND METHODS

We selected 20 patients hospitalised in surgical wards in our hospital. The standardised parenteral nutrition prescribed by physicians was studied. We evaluated: Indication, nutritional status of the patients, the incidence of complications during the process and the suitability of the standardised parental nutrition prescribed according to the clinical practice guidelines established by the Working Group of Nutrition- Spanish Hospital Pharmacists Society

RESULTS

- From a total of 20 patients, **40%** of them had been prescribed standard parenteral nutrition and **did not fit** with the **recommended guidelines**.
- **80%** of standardised parenteral nutrition **did not fit** with the **caloric and water requirements recommended** in clinical practice guidelines.
- **50%** of patients had **hypertriglyceridemia** and **was not controlled** with the standardised parenteral nutrition.
- **40%** of patients needed a **correction in the contribution of electrolytes** to suit the requirements published in the clinical practice guidelines.

CONCLUSIONS

- ❖ There is an **excess of standardisation** of parenteral nutrition in our hospital.
- ❖ The consequence is a **decrease in the quality** of treatment.
- ❖ Parenteral nutrition is **used in off-label clinical situations**.
- ❖ There is a **lack of adequate monitoring**.
- ❖ Parenteral nutrition can be adapted to the specific requirements of the patients and this is indicated especially in critical patients.
- ❖ The standard parenteral nutrition is useful in patients with standard energy and nutrient requirements.