



"My personal challenge"



My name is June and I am on TPN due to a short bowel. I was on TPN temporarily last year due to a diagnosis of intestinal failure secondary to Crohn's disease. However due to emergency surgery on my birthday, I now have short bowel. Initially I was supposed to have a straightforward resection of my bowel but during the exploratory laparotomy, they found twenty-three strictures and my bowel could not be saved without serious consequences.

Coming round to the realisation that I would now be dependent on TPN was not necessarily difficult for me because I remembered just how well it had made me feel when I was receiving it previously. Also I recall that I had so much more energy. I did have a little hitch along the way in that I had to have my line removed and replaced due to sepsis - that was no fun! I then took on the personal challenge of learning how to self-administer TPN. Eventually, after a lengthy stay in hospital I was discharged.

I returned to my university room with giant fridge in tow and began my new life on TPN. Despite having had major surgery a few weeks before, I felt on top of the world thanks to TPN. I became so accustomed to it that once whilst studying in the library I had forgotten I was connected to the feed in my backpack and attempted to dash to the loo, only to spring back into my chair! My university room resembled a medical ward.



Although it can be a nightmare planning holidays I am so grateful to be on TPN. I have finally started to put weight back on as my calories have been increased and I now infuse for sixteen hours with a four litre, 2200 calorie bag. I really appreciate the expertise and care I have been given from both my hospital in Exeter and St Marks hospital. It really does make a difference and I am so thankful to have met such amazing people along the way.



Prior to joining PINNT as a member, I had never come across anyone who received artificial nutrition and felt so alone. Face to face meeting is fabulous. I believe that it would be beneficial for hospitals to set up a PINNT group so patients can talk to one another and use each other as a support system whilst in hospital. I often don't know who to approach with my problems; my GP is usually out of his/her depth and I don't always like to trouble my wonderful nutrition nurses. I would love for there to be clearer guidelines on who to contact for particular issues.