Handy Andy's guide to T.P.N.

Written and Produced by Andrew Moore, age 13 years
Yo dudes and dudettes! Now that you are on T.P.N. and will soon be going home, this book will help you understand what it’s all about.

My name is Handy Andy and I hope to give you lots of info on T.P.N. and some fun pictures and puzzles to do.

Some friends will join me on the way in explaining about your central line and your T.P.N.

This is me and here are my friends.
Your Central Line

Your central line will sometimes be called a broviac or a Freddie. It goes into your body through your neck, with the outside part of it near your chest.

When you get your line in you might be a bit sore, but that will soon pass and you won’t even notice that you have it.

Your line is very important to you and you must not let other children pull it or touch it. Nutrition nurse Barbie will talk to your teacher and explain how careful people have to be with your line.

Hector the bionector is your line’s best friend. He is at the end of your line and stops bugs getting into your line and causing infections.
Connecting to T.P.N.

- **MAKE SURE ALL WINDOWS AND DOORS ARE CLOSED IN YOUR ROOM.**

- **DO NOT LET ANYONE NOT NEEDED FOR CONNECTION OF T.P.N. INTO YOUR BEDROOM.**

- **CHECK YOUR BAG OF T.P.N. MAKE SURE IT LOOKS THE SAME AS EVERY OTHER BAG, CHECK THAT YOUR NAME IS ON THE LABEL AND THE T.P.N. IS THE CORRECT COLOUR.**

Your mum or dad will need all these items:

- Dressing trolley (cleaned with alcowipes)
- Dressing pack
- Alcowipes
- Hydrex
- Giving set
- Sterile gloves
- 10ml syringes

*Never ever play with your pump*

You can help your mum or dad by calling out the list of things they need.

Your mum or dad will now connect you to your T.P.N. as nutrition nurse Barbie has taught them to do.

You can best help your mum and dad by keeping still and clamping and unclamping your line when they ask you to.

Your mum or dad will now set your pump to the correct rate for your T.P.N.
Disconnection of T.P.N.

Just like the connection of T.P.N. you must close all windows and doors and do not allow anyone into your room that is not required for the job.

YOUR MUM OR DAD WILL NEED ALL THESE ITEMS:

- Dressing trolley
- Alcowipes
- Hydrex
- Dressing pack
- Two 10ml syringes
- Blue needle
- Green needle
- Aunty Saline
- Uncle Hepsol
- Sterile gloves
- Hector bionector (only if it is the day for changing the bionector)

You can help your mum or dad by clamping or unclamping your line.
Nutrition nurse will tell your mum or dad how often your dressing has to be changed and the site area cleaned.

When your site area is being cleaned you must keep as still as you can.

*Never ever allow anyone to touch your site or take off your dressing without sterile gloves even if they are a nurse or doctor.*

YOUR MUM OR DAD WILL NEED ALL THESE ITEMS FOR YOUR DRESSING.

- Dressing trolley
- Alcowipes
- Dressing pack
- Hydrex
- Clean dressing
- Sterile gloves
- Dressing pack

When your dressing is done, you can get on with enjoying your day.

Have fun now!
**What if** page???

- **What if my line gets damaged or broken?**
  Clamp your line and get your mum or dad to wrap the end of your line in sterile gauze and ring nurse Barbie or Professor Beanie.

- **What if my line gets blocked?**
  Get your mum or dad to ring nurse Barbie and she will try to unblock it.

- **What if my site is red or sore?**
  Tell your mum or dad and they will get Professor Beanie to have a look at it for you.

- **What if I have a temperature and don’t feel well?**
  Your mum or dad will take you to the hospital where blood will be taken from your line and sent to the lab to see what is wrong. Then you might be given medicine for your line if it has an infection.

*No matter what the problem, we will fix it*
Hello there,
My name is Andrew and I am eleven, well almost twelve. I have a broviac and at home we call it my “line”. I have my “line” so that I can get all the food I need through it. This food is called T.P.N. Before I went on T.P.N. I got sick at night after I ate food now I still get sick but not as often. At home we call T.P.N. “stake and onions in a bag” and pretend that I have a take away dinner four nights a week.

First I will tell you all about my “line”, where it is and the rules of it. My “line” goes into my body at my neck and comes out at my chest. You can only see the bit that hangs outside my body. When my “line” was put in I didn’t feel anything because I was asleep in theatre. It was a little sore afterwards but that didn’t last for long. After my “line” went in mammy and I had to stay in hospital to learn how to run T.P.N. through the “line”. Mammy got a folder with all her instructions and rules but there was no folder for me. I wrote a little story called Broviac City to help children understand a bit about T.P.N. and Brovics.

I have had my “line” now for eighteen months and I want to tell you a bit about what it has been like. Before my “line” I could do most things that my friends could do. I could go swimming and play hurling and football and go on sleepovers any night I wanted to. But now I am not allowed to swim (you can’t wet your “line”), football and hurling are too dangerous because my line might get pulled out. I can only go on sleepovers on my nights off T.P.N. It’s hard during school holidays having to have T.P.N. because
it means I am connected to a bag with a pump in it and can’t really do much except watch telly.

I am in a folk choir and I love it but I have to be home by nine o’clock for the “stake and onions”. This really annoys me because I would love to stay and chat to the lads.

Going on holidays isn’t easy with my “line”. We have to pack all my supplies and arrange a separate fridge for my T.P.N. When I go to the beach all I want to do is go into the sea but this is not allowed. Last year Daddy bought an inflatable boat to take me out into the water without getting my “line” wet. It was cool but I still wanted to swim in the sea.

I have to take medication called Warfarin and we have to take blood from my “line” to make sure my blood is not too thick or too thin.

In my bedroom I have a press with needles and syringes and all sorts of medical supplies. When my friends see this they ask lots of questions that I don’t like answering.

It takes about half an hour to connect my T.P.N. and the same for disconnection and taking bloods. For all this time I just sit and wait and I would much prefer to be having fun with my friends.

The good thing about being on T.P.N. is that I have put on weight and this makes everyone happy.

MY DOCTER USED TO CALL ME BONES. Ha Ha Ha I won’t tell you what he calls me now.

Now I can get cool clothes to fit me. Yahoo !!

Being on T.P.N. isn’t that bad. Just sometimes I would like to be like other boys!!
My aunty Saline and Uncle Heplok live in Broviac city. Broviac city has a high speed T.P.N. train line. Each morning Aunty Saline and Uncle Heplok go on the T.P.N. line to Broviac city. The T.P.N. line must be cleaned well with Hydrex. When the line is shining clean aunty Saline and Uncle Heplock board the line helped by the very clean carer who always wears gloves.

The T.P.N. line travels straight to the heart of Broviac city. All the T.P.N. train engineers must scrub their hands, wear gloves and make sure the train does not overheat.

The train engineers must check the T.P.N. train line each day to make sure it does not have too much or too little sugar, that it is not cracked or broken or that the line has not moved.

Mr Hector Bionector guards the T.P.N. line at all times. He changes shifts each week. Mr Bionector is friendly with aunty Saline and uncle Heplock and loves to see them travelling on the T.P.N. line.

Once a week the engineers clean the T.P.N. station site. This is a big clean up and takes a while, so aunty Saline and uncle Heplock must be patient until it is finished.
If you burp after your T.P.N. it will taste like T.P.N. Yuck yuck yuck !!!!

You might feel the saline going into your line and it tastes salty.

You will have to make sure that nurses, doctors and all hospital staff have washed their hands and put on sterile gloves before they go near your line.

If you don’t understand what is being done to you or your line, don’t be afraid to ask questions.

Your friends at school might ask you lots of questions. Only answer the questions if you are happy to. If it’s a problem talk to your parents or your teacher.
I dedicate this booklet to all my angels in heaven and on earth. To all who care for me night and day and look after me in every way. Especially Amy who watches over me from heaven.

Thank you all

Love Andrew.