

My Home Parenteral Nutrition Emergency Plan

My name:

My Home Parenteral Nutrition Emergency Plan

If you use home parenteral nutrition (HPN), it is very important to be ready for an emergency (like a weather-related emergency or a natural disaster). It is important to plan **before** an emergency to make sure you will be able to keep doing your HPN without any interruptions.

What is an HPN emergency plan?

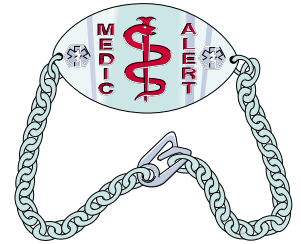
- Your HPN emergency plan should have instructions on what to do in different types of emergencies.
- Ask yourself:
 - › What will I do if the power goes out?
 - › What will I do if I cannot get clean water?
 - › What will I do if deliveries cannot be made to my home?
 - › What would I do in different types of emergencies (like a flood or a snow storm)?

Medical contact list

- Make a medical contact list. This list should have contact information for people and places like:
 - › Your primary health care provider (family doctor or nurse practitioner)
 - › Your HPN clinic
 - › Other contacts that are important for your HPN and your health care

MedicAlert® bracelet

- Think about buying a MedicAlert® bracelet in case you are injured or not able to talk. The bracelet should have information that tells people things like:
 - › You need **intravenous (I.V.) nutrition**
 - › You have a Hickman™ line in your chest
- The bracelet is **not** covered by the provincial health plan (MSI). For more information, visit MedicAlert® Foundation Canada:
 - › www.medicalert.ca



Nova Scotia Power Critical Customer Communication Program

- Your HPN team will arrange for Nova Scotia Power to add you to their Critical Customer Communication Program. This program is for customers whose health depends directly on electricity.
- Nova Scotia Power will:
 - › Tell you before any planned power outages
 - › Tell you when the power is expected to come back on during an unplanned outage that is expected to last for more than 4 hours
- Being in this program does **not** mean that your power will come back on faster when there is an outage.

Plan to have access to a generator or another power source in case of a long power outage, if possible.

Review ways to do your HPN using the **gravity method** (see page 7).

What emergency supplies do I need?

- Make sure you have:
 - › Frozen ice packs in the freezer
 - › Cooling blankets in the fridge (**not the freezer**)
 - › A thermometer
 - › A large cooler
 - › Flashlights
 - › Battery-powered candles and/or a battery-powered lantern(s)
 - › Batteries
 - › Hand sanitizer
- **Always keep a copy of your current HPN order.** If there are any changes to your order, the HPN Program coordinator will send you an updated copy.

Storing your HPN during a power outage

- You **must** keep your HPN solution cool if the power goes out.

If you have a generator:

- **Use it to power your fridge and pumps.**

If you do not have a generator:

- Keep a thermometer in the fridge where you store your HPN solution. The temperature should be around 4 °C (40 °F), with a range of 2 °C to 8 °C (35.6 °F to 46 °F).

If the power is out for less than 12 hours:

- **Keep the fridge closed as much as possible** to keep the cold air in.

If the power is out for more than 12 hours:

- Check your fridge temperature every 1 to 2 hours.
- If the temperature in your fridge is getting **close to 8 °C**, move your HPN to your cooler.

How to pack your HPN so it stays at a safe temperature in a cooler:

- Put frozen ice packs on the bottom of the cooler.
 - Cover the ice packs with a cooling blanket. This will prevent the HPN solution from freezing.
 - Put your HPN solution on top of the cooling blanket. Cover the HPN solution with another cooling blanket.
 - Put the thermometer **between the cooling blanket and your HPN solution**.
 - Put more ice packs on top of this cooling blanket. **Do not** put the thermometer next to the ice packs.
- If the temperature in the cooler rises above 8 °C, you can use **1 bag of HPN within the next 30 hours**. You **must** throw out all of the other bags. Cut open the bags you cannot use and pour the solution out.

Do not put bags of HPN solution outside in the snow to keep them cool. They will get too cold to use.

Using your I.V. pumps during a power outage

- If you think there may be a power outage, **keep your I.V. pumps plugged in at all times.**
- When the power goes out, the pumps will run on battery power to infuse your HPN solution.
- Pump batteries will last for **5 to 6 hours**, depending on your rates.
- Unless you have backup power (like a generator), you may need to take your HPN using the gravity method (see page 7) once the pump battery runs out.
- If a pump's battery runs out, the pump may lose its **drug library** (a list of medications that are programmed in the pump).
 - › If this happens, you will **not** be able to program your HPN and lipids when the pump has power again.

If your pump(s) loses its drug library, contact an HPN Program team member right away. They will send you a replacement pump(s).

The gravity method

- The gravity method is how to run your HPN when your pump battery has run out.

Only use the gravity method if there is a long power outage or another emergency and you have no other options.

Try to use a generator or electricity (like by going to another person's home that has power or to another place where you can use electricity to power your pumps and store your HPN) before using the gravity method.

Always clean your hands with hand sanitizer.

To clean your hands with hand sanitizer:

1. Use 1 to 2 pumps and cover all parts of your hands with it.
2. Rub your hands together until they are dry. This is usually about 20 to 30 seconds.
3. Once your hands are fully dry, it is OK to touch other surfaces.

Good Hygiene Stops the Spread of Germs

How to Clean Your Hands with Sanitizer



1

Apply 1 to 2 pumps of alcohol-based hand sanitizer to palm of dry hands.



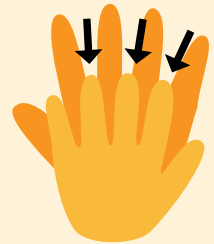
2

Rub palms of hands together.



3

Rub fingertips of each hand in opposite palm.



4

Rub in between and around fingers.



5

Rub the back of each hand with the palm of the other hand.



6

Rub each thumb with the other hand.



7

Rub hands until they are dry.



Do not use towel or paper towel.



If your hands look dirty, please use soap and water to wash them for at least 20 seconds.



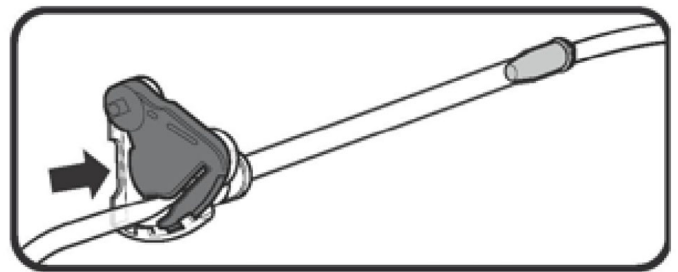
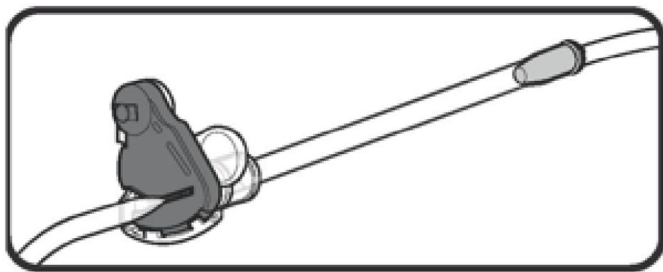
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To use the gravity method, you need to **stop fluid flow** and **set gravity flow**. To do this:

1. Press **[STOP]** on each pump.
2. Press **[ON/OFF]** to turn off each pump.
3. Close the roller clamp on each I.V. line.
4. Open each pump door and remove the I.V. lines.
5. Slide the **blue** part of the SafeClip on your PN line to the **open** position.

You can only use **1 line** for the gravity flow method to work.

To use this method, you will use the PN line **only**. **Leave the lipid line clamped.**



Changing the flow rate

1. Check page 11 for your gravity drip rate. It is different for each person.
2. Your pump tubing has a roller clamp to control the flow rate. Slowly open the roller clamp on your PN line and start counting the number of drops per minute. Count the drops for **60 seconds (1 minute)** to make sure the rate is accurate (correct).
3. Check the number of drops per minute again, **every 1 to 2 hours**. Moving and changing your position can change the drip rate.
4. Adjust the roller clamp until you get the correct drip rate.

Always keep your current HPN order in the back of this pamphlet.

HPN during an evacuation

- If a disaster happens, you may need to evacuate (leave your home quickly, for an unknown amount of time).

Take these things with you:

Infusion pump

- › This may be the only infusion pump you will have for days.

A list of your current medications (including prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements)

All of your medications in their original containers (including prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements)

HPN emergency pack

- This is a bag or a backpack that you will keep stocked with HPN supplies so you can take it with you if you need to evacuate.
 - › Use a **bright orange bag or backpack** as an emergency signal.
 - › Line the pack with a plastic garbage bag to keep it dry inside.
 - › Have enough HPN supplies for at least 3 to 5 days.
 - › Regularly rotate supplies from your deliveries with the supplies in your pack to avoid products expiring.

We recommend taking these HPN supplies with you:

- A copy of your current HPN order (or refer to the label on your HPN solution)
- A copy of your provincial health card
- Paper towels
- Pump infusion tubing
- I.V. hydration bags and infusion tubing (if needed)
- Positive pressure cap
- Normal saline (also called **0.9% saline**) flushes
- Kitelock
- Heparin flushes (if needed)
- 70% alcohol solution
- Alcohol swabs
- 3M™ SoluPrep™ swabs
- 3M™ Tegaderm™ dressing
- 3M™ Micropore™ Surgical Tape
- Sterile gloves
- Face masks
- An accurate thermometer
- A foldable I.V. pole or a coat hook to hang your HPN solution from
- A cooler, frozen ice packs, and cooling blankets

Put your infusion pump and 1 to 2 bags of refrigerated HPN solution in your pack.

- › If you have a cooler with frozen ice packs and cooling blankets, you can take 3 to 5 bags of refrigerated HPN in your pack.

Remember:

Any HPN solution that goes **above 8 °C** must be used within 30 hours or thrown out.

- Keep the empty cooler in a place in your home that you will be able to get to easily. Add the ice packs, cooling blankets, and HPN solution as close to the time you need to leave as possible. Follow the directions on page 4 for **how to pack your HPN so it stays at a safe temperature in a cooler.**
- **Tell your PN team as soon as possible if your HPN solution goes above 8 °C.** They may be able to have more PN made for you, in case your home supply has to be thrown out.

Health Emergency Card

This sheet is your **health emergency card**. Keep a copy in your HPN emergency pack **at all times**. Write clearly. Update it if there are changes.

My medical information

My name: _____ Date completed: _____

Reason for HPN: _____

HPN start date: _____

Emergency contacts:

Nova Scotia HPN Program

Phone: 902-473-2873/Fax: 902-473-3966

Primary health care provider: _____

Phone: _____ Other contact number: _____

Other: title (like a nurse practitioner) and name: _____

Phone: _____ Other contact number: _____

Type of vascular access and location:

Type:

Tunneled Hickman™

Other

Number of lumens:

1

2

3

Insertion site:

Chest

Arm

Insertion side:

Right

Left

Inserted on (date): _____ at: _____ (hospital)

HPN order: Check the white label on your HPN solution for your up-to-date HPN order.

Infusion volume: _____ ml

Infusion frequency:

Daily

_____ days a week

Additional hydration:

Yes

No

If Yes, type: _____ Volume (amount): _____ ml Frequency (how often): _____

Weight: _____ Date of weight: _____ Height: _____

Medications: If you travel, carry 2 to 3 days of medications and HPN supplies in your carry-on bag and keep it with you at all times. Put your name on the bag.

Note: These rates will be updated as your HPN order changes. Your PN nurse will tell you your new rates as needed.

Individual flow rates for pump tubing using the gravity method

HPN

Lipids

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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