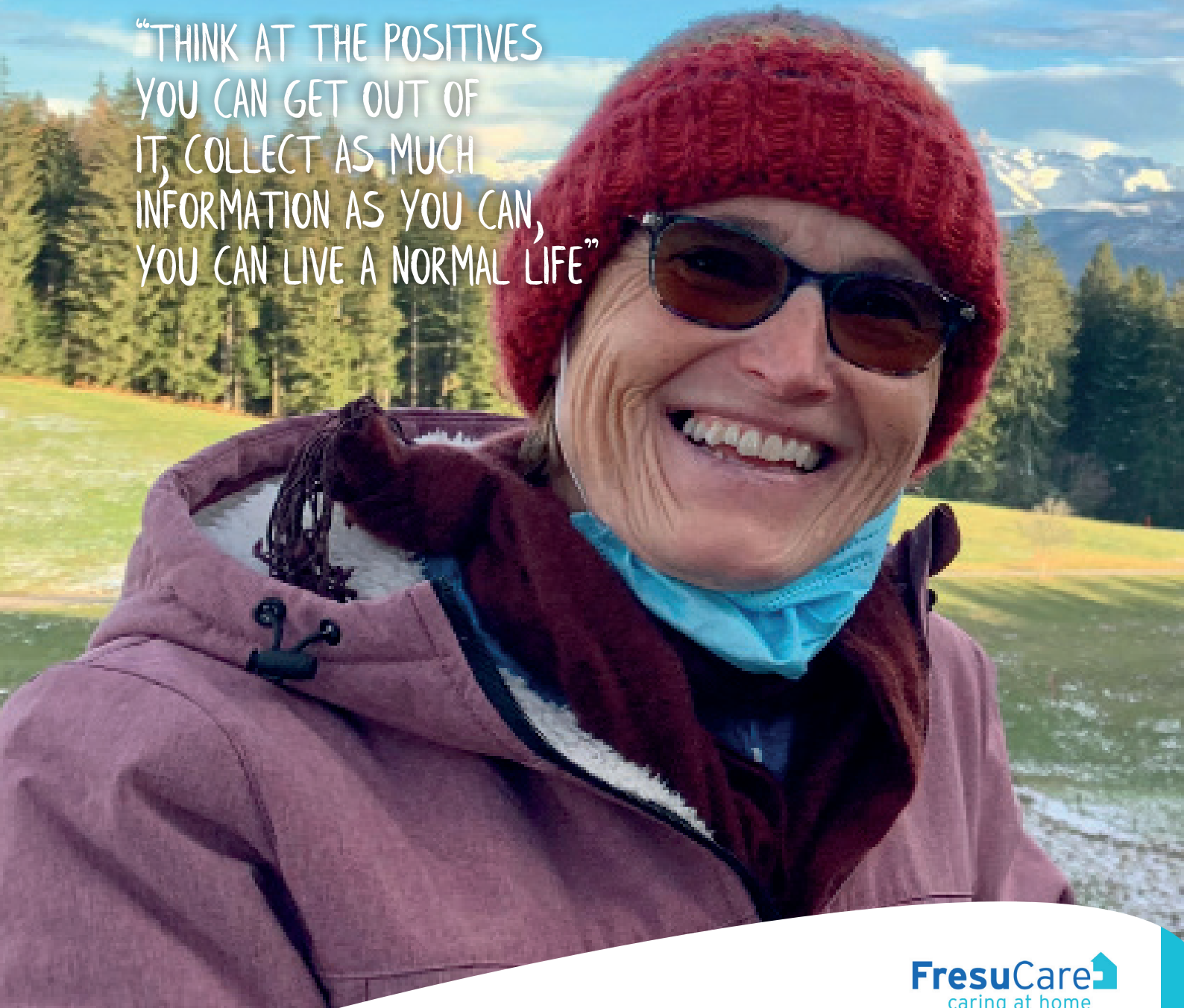


“THINK AT THE POSITIVES  
YOU CAN GET OUT OF  
IT, COLLECT AS MUCH  
INFORMATION AS YOU CAN,  
YOU CAN LIVE A NORMAL LIFE”



**FresuCare**  
caring at home

## JULIA'S STORY

Due to malnutrition I regularly received Intravenous (I.V) Supplements, in hospital, for over 10 years. My body did not accept “good nutrition”. It seemed that my body was accepting the “bad food” but not the essential nutrition such as vitamins, minerals and trace elements. I gained a lot of weight and became very weak. The doctors did not find any reason for the malnutrition. So, I had my first operation, a gastric bypass. However, my body still did not accept the nutrition. Furthermore, I had various treatments to fix the problem, but they did not work. In the end I got parenteral nutrition. In addition, I also had tube feeding for a short time to see if my stomach could work properly again.



**Age of patient**  
58 years old



**Reason for home artificial nutrition**  
Malnutrition



**Type of Therapy**  
Parenteral Nutrition



**Length of time patient was not well before treatment**  
10/12 years

# JULIA'S STORY

## BRIEF STORY ABOUT EXPERIENCE ON HOME ARTIFICIAL NUTRITION

I came home from hospital with parenteral nutrition. From the first day on I felt very safe and secure at home. Because it was all managed by FresuCare and Spitex. For a short time, I had enteral and parenteral nutrition at the same time. The doctors wanted to see if my body could handle the enteral nutrition again. The tube feeding was no good experience for me. I had an old type of tube which was difficult to handle and my body did not accept the tube feeding. For me the parenteral nutrition seems to be less invasive as the tube feeding. In a short time I learned to prepare the parenteral nutrition on my own.

In the hospital, everything was very easy, however when you get home, you feel nervous, uncertain, anxious. Support from FresuCare and Spitex provided a sense of security, everything was organised and explained. Step by step learning for yourself how to prepare and administer PN. Spitex cuts down a lot, creates independence when you can do everything yourself, you get freedom back; if there are questions or something is forgotten, you can get in touch with the contact person from FresuCare again at any time. FresuCare is always there if you need help, problems are quickly resolved, you feel understood and supported well. Upon hospital discharge, no information on what FresuCare does was provided. I was told they are just a supplier, no option to select HomeCare yourself, no detailed info. Hospital said that Spitex and FresuCare will take care of everything; pleasantly surprised at how good the support was.

Currently PN 2-4 days a week, depending on changes in weight maybe more or less, 1x per week Spitex for needle change; mobile despite PN thanks to the backpack.

## WHAT ADVICE WOULD THE PATIENT GIVE TO NEW PATIENTS?

My advice for other/new patients is: Do it, don't worry! It's simpler than you think. Think at the positives you can get out of it, collect as much information as you can, you can live a normal life, don't look at it as a problem, see it as a help and as a chance, look what I can do with it, no knowledge is bad knowledge.



## DESCRIBE YOUR DAILY, WEEKLY ROUTINE INCLUDING HOBBIES AND ACTIVITIES:

No restrictions because of parenteral nutrition, takes time to get used to it, feeling weak in the morning, start PN, feeling better after PN, more power, preparing PN is a daily routine to start the day.

Hobbies: walking, full day walk, trekking, theatre, cinema, horse riding, motorbike. No problem with PN.

Only restriction is water. Difficult to cover the needle of the port waterproof, fear to risk an infection, restrictions are: only taking a shower when the needle is out, no swimming (grandchildren like to swim), washing hair whenever you want. But these are just small problems concerning water.

## FEEDBACK

First class treatment, nothing that FresuCare could do better, feeling safe and secure all the time, very good backup, contact person is available anytime to fix problems.

Simple way to order things with the web shop, anytime available, FresuCare is like a safety net, you know there is someone you can call when you need help, quick support, I feel heard, my needs are mattering, good delivery service.