

# Alex & Archie's

# Superhero Book!



## Our Guide for Children on HPN

Discover all about Parenteral Nutrition (PN)  
with your superhero friends!

Lloyds  
Clinical

# Hello Friends!

**WOOF,  
WOOF!**

**Hi there!**

I'm Archie, your superhero sidekick! I'm here with my best friend, Alex, and we are going to help you on your superhero journey.

Leaving the hospital and getting your special Parenteral Nutrition (PN) at home might seem like a big adventure, but don't worry - **you're not alone!**

There's an entire team of friends to help you feel strong and brave as you learn about new things.

Together, we'll learn how to help keep you safe and healthy, just like the amazing person you are.

**Let's get started on this exciting adventure!**

**Archie**

Your Superhero Sidekick



**Alex**

Your Superhero Friend

**Psssst.....**



**Are you ready for a secret mission?**

Throughout this book, my bee friends are hiding in the pages.

Your job? Find as many of them as you can!

Keep your eyes sharp and count each one - you never know where they will buzz off to next.

Do you think you can catch them all?

**Let's find out!**

**GO!**



# Let's Meet More Friends!

Fox



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Bunny



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Octopus



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Oh dear, your friends don't have names yet!  
Can you name all 3?



Write down all your favourite names here, then pick the best one for each character!

Name Ideas

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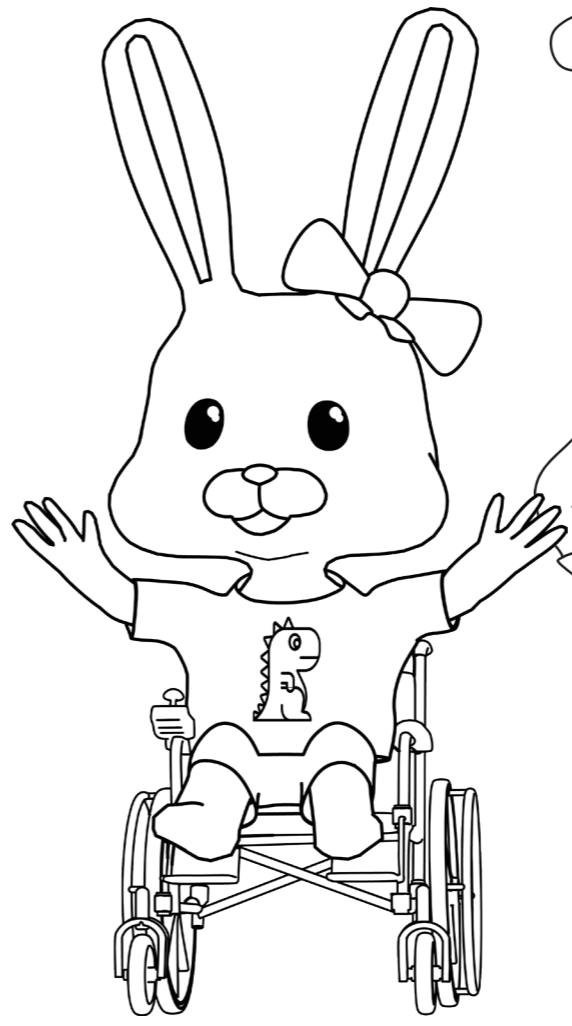
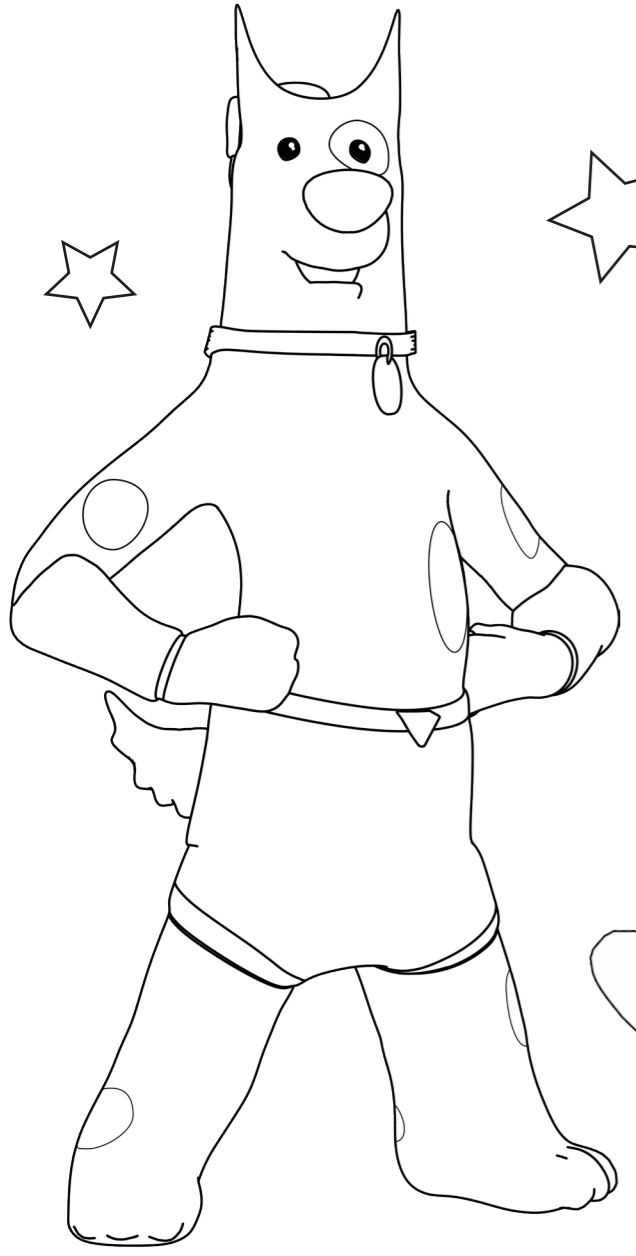
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Write your chosen character names in these boxes



Get Creative!  
Colour Your Team





# What is Parenteral Nutrition (PN)?

## Super Fuel for Super Kids!



Sometimes, you need extra help to get everything your body needs to stay strong and super!

Your medical team makes a special superpower fuel just for you. We call it Parenteral Nutrition, or PN.

This superpower fuel travels through a special line that goes into your vein and straight to your heart. It then zooms around your body, giving you all the nutrients you need to feel great!



PN Power Pack

There are two different types of PN Power Packs, and your hospital team will decide which one you need.

Your PN Power Packs need to be kept safe. Your grown-ups will know where to store them.



### Type 1

Needs to be kept cold in its own fridge.

# What Does The PN Look Like?

Your special superpower fuel can be different colours - white, yellow, or clear - depending on what you need. Your medical team will mix up the ingredients that are just right for you to stay super strong and healthy.

Usually, you'll have your PN Power Packs at night. You might have one, or two. And sometimes, you'll have extra medicines to help keep you in tip-top shape. Your doctors and pharmacists will decide what's best.



### Type 2

It doesn't need to be kept cold. It can be kept in a safe place in your home, such as a cupboard.

Your Parenteral Nutrition (PN), and your special line have a few different names. Which names are you familiar with? **Tick the names that you have heard before:**

### Parenteral Nutrition

These all refer to your special superpower fuel that comes in Power Packs.

TPN     HPN     PN     HPS

### Special Line

These all refer to the line that your superpower fuel travels through.

PICC     CVAD     CVC     Hickmann   
Line     PORT     Central Venous Access Device



# About Your Body

## How Your Body's Super System Works



Your body is like a super team, with each part working together to keep you healthy. The parts that make up the super team that deals with food is called the **digestive system**.

The digestive system is a group of organs that break down food and takes out all the good stuff that your body needs.

Right now, your digestive system needs help, so your PN Power Packs top you up with your own special superpower fuel.



## How Your PN Power Packs Fuel You

Each person gets their fuel differently. You will have a special line, its full name is called a Central Venous Access Device (**A**) that sits in your heart (**B**). Take a look at the picture on the opposite page to find **A** and **B**!

Your superpower fuel travels through the line to your heart, and from there, it moves around your body to where it's needed!

**Psssst.....**  
Did you know that the bowels are also known as the intestines?



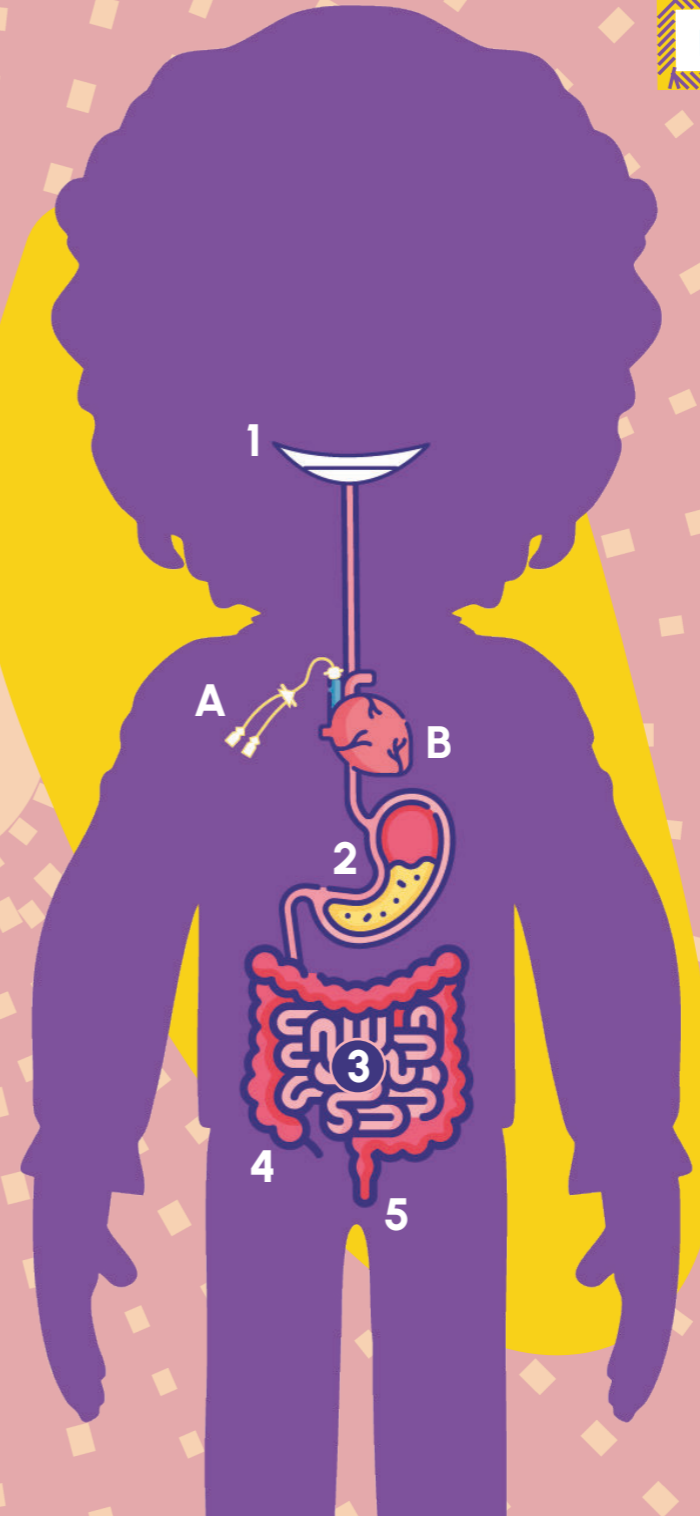
Food might enter your body differently from others, and that's okay! Your PN Power Packs make sure you still get all the nutrients you need to stay as powerful as ever.

Remember, everyone's body works differently. No matter how you get your fuel, you're amazing!



## How The Digestive System Usually Works

- 1** In your mouth, you chew up your food into little pieces and swallow it. It then travels down to your stomach.
- 2** In your stomach, food is melted by acid that is stored in your stomach. Wow!  
This breaks your food down even more, so your body can take all the goodness out of it.
- 3** The next stop is your bowel, which has two parts; the small bowel and the large bowel.  
In your small bowel, your body grabs as much good stuff from your food (nutrients) as it can, to help you grow strong and healthy.
- 4** Your large bowel is the last stop. This is where your body takes out any extra goodness and water.
- 5** What's left comes out of your bum as a poo.



# Getting Your PN Power Packs To You



**1** After our pharmacist has checked your prescription, our team makes your special superpower fuel (PN).



**2** Delivery driver collects your PN and delivers to your home.



**3** A nurse may visit you at home.



**4** A nurse may help your grown-up with your care.



At home, nurses may visit to help you and your grown-ups. They might teach your grown-ups how to give you your PN Power Pack, or they could do it for you.

The nurses may also give you medicines, if you need them. You can always ask them questions.





## We All Need Helpers!

You have your own helpers – your grown-ups, your friends and family.

**And now there are a few more.**

Do you remember lots of people looking after you when you were in hospital?

At home, you will have an equally awesome team of medical helpers.

Can you name some of your medical helpers?



**Nurses**  
Superheroes need trainers!

Your nurses might teach your adults how to give you your PN Power Packs and care for your superpower fuel line, or they may give you your PN Power Packs themselves.



**Delivery Drivers**  
Bringing the power to your doorstep!

They bring your super PN Power Packs and equipment right to your door, on your scheduled day, either every week or every two weeks.



**Patient Service Coordinators**  
Your super-organisers!

They make sure you have everything you need, answer questions, and schedule your deliveries.



# Making Your Home Super

When you go home, you'll meet your super support team.

Our drivers will bring everything you need to have your PN Power Packs at home, and turn your home into the perfect place for your super PN Power Packs.

You may also have nurses visiting, and they will either show you and your grown-ups how to safely use your PN Power Packs at home, or they may help give it to you themselves.



Now that your PN has arrived, you can have your nutrition at home instead of the hospital.

You may still need to stay at the hospital from time to time but not as regularly as you do now.

Having your PN Power Packs at home means you can still do all the fun things you enjoy, like playing outside or going on adventures.

Your PN, and all the equipment, fit perfectly inside a cool backpack, so it can go wherever you go.

You can even have your PN Power Packs while you're sleeping, so you wake up feeling strong.



## Things I Enjoy

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## ANTT & Your Special Line

Your superpower fuel goes into your body through a very special tube, called a line. It goes straight into your vein. Just like superheroes fight against enemies, everyone has to protect your special line from germs that want to make you ill.

Everyone must follow important rules to keep your special line safe. This is called ANTT (Aseptic Non-Touch Technique) – it means everything stays super clean, so you stay super healthy!



### Keeping Your Special Line Safe



### Changing Your Dressing



Your nurses, or grown-ups, will also need to change your dressing and some other parts of the line every week, or whenever it gets dirty from all the playing you're doing. It's very important to keep your dressing and line dry. This keeps the germs out, and your line safe. It's just like a piece of armour protecting a superhero!

At home, we follow hospital rules, but we also have our own important steps to keep you safe. The most important thing is to keep everything clean to chase germs away! As long as everyone follows the right steps, you'll stay healthy and strong.

Don't worry, if you or your grown-ups need more help from the nurses, they're just a call away!



Before you, or anybody else, touches your PN Power Pack or your special line, they must wash their hands - just like superheroes getting ready for action! This washes the germs away.

As part of your superhero training, your nurses will teach you, and your grown-ups, how to do this.



Germs can make you very poorly, especially if they get into your special line and travel to your heart.

Let's make sure we all wash our hands and keep your dressing and line clean and dry!





# Feeling Super?

## Your Feelings - Let's Talk About Them!

### Everyone can have bad days.

Whether you feel grumpy, tired or poorly, it's OK.  
That's what your support team is there for - to help you.

It's very important to tell your grown-ups, doctors, and nurses how you are feeling.

Some days might feel like you can conquer the world, while other days might feel a little tough. That's okay - your feelings are important, and sharing them helps everyone work together to keep you feeling super!

Make sure you tell your grown-ups right away so they can help you.



Hot



Cold



Shivery



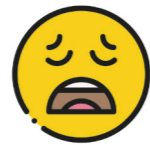
Sleepy



Sick



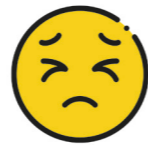
Poorly



In Pain



Headache



Sore Special Line

### Things to watch out for!



Happy



Loved



Calm



Excited



Angry



Annoyed



Sad



Tired



Embarrassed



Shy



Silly



Brave



Worried



Bored



Confused



Anxious

### How are you feeling today?

Point at the characters that show how you are feeling.  
You might feel like more than one and that's OK!

# Ask Your Super Questions

## What Do You Want To Know Today?

When something is new, it can be scary. That's when questions are great. When you know what's happening and why, it can make things easier.

**What do you want to know about?**



Here are some Super Question Starters to help you:

**How does...**  
(e.g., "How does my Power Pack keep me strong?")

**Why do I need...**  
(e.g., "Why do I need my Power Pack?")

**When can I...**  
(e.g., "When can I go play?")

**What if...**  
(e.g., "What if my line feels sore?")

**Can I...**  
(e.g., "Can I still have fun while using my Power Pack?")

**Do I...**  
(e.g., "Do I have to have my Power Pack on a pole?")

Curious kids learn more by asking questions!

### My Questions

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There's no such thing as a silly question! Write, or draw, anything you're curious about. Don't forget - your grown-ups and medical team are here to help answer them!



### Notes and Doodles

### How Many Bees Did You Find?

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Don't forget about me!



**Well Done!**

You have completed your special journey  
through this book - **you are amazing!**

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It's what **we know.**

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