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**The American Society for Parenteral and Enteral Nutrition (A.S.P.E.N.) Publishes
Position Paper on Parenteral Nutrition Glutamine Supplementation**

August 22, 2011 Silver Spring, MD---The [American Society for Parenteral and Enteral Nutrition](#) (A.S.P.E.N.) has published a position paper on **Parenteral Nutrition Glutamine Supplementation**. The organization, which believes that specific patient populations can benefit from the use of parenteral nutrition (PN) glutamine supplementation, published the paper in the August issue of its journal, *Nutrition in Clinical Practice* (NCP).

The organization's recommendations are based on a critical evaluation of the scientific literature by its Parenteral Glutamine Working Group and its Board of Directors. Paper highlights include:

- Parenteral glutamine administration is associated with a decrease in infectious complications, decrease in hospital length of stay, and possibly a decrease in mortality in critically ill postoperative or ventilator dependent patients requiring PN.
- There is a trend toward fewer positive blood cultures with the use of parenteral glutamine in adult hematopoietic stem cell transplant recipients receiving PN. The full potential benefit of PN glutamine supplementation remains unclear since there is a reduced length of hospital stay only when data from allogeneic and autologous transplants is combined vs. no effect from glutamine-supplemented PN when given post-transplant to those solely undergoing autologous transplantation.

Paper recommendations include:

- Parenteral glutamine may be beneficial in certain other adult surgical patients, such as patients undergoing major abdominal surgery, or critically ill non-ventilated patients requiring PN; however, due to the heterogeneity of these patient populations more research is needed regarding which patients may benefit from PN glutamine supplementation.
- Parenteral glutamine may be beneficial in adult burn patients or acute pancreatitis patients who require PN.
- PN glutamine supplementation should probably be given early and in doses > 0.2 g/kg/day to be effective.
- Due to limited available data in pediatric/neonatal patients, no recommendations regarding the use of PN glutamine supplementation can be made in these patients.

“This position paper offers significant recommendations that will help clinicians appropriately prescribe parenteral nutrition glutamine in order to improve patient outcomes in selected populations,” said A.S.P.E.N. President Jay Mirtallo, MS, RPh, BCNSP, FASHP, Associate Professor of Clinical Pharmacy and Director, MS in Health-System Pharmacy, The Ohio State University, Columbus, OH.

About A.S.P.E.N.

The American Society for Parenteral and Enteral Nutrition (A.S.P.E.N.) is dedicated to improving patient care by advancing the science and practice of clinical nutrition and metabolism. Founded in 1976, A.S.P.E.N. is an interdisciplinary organization whose members are involved in the provision of clinical nutrition therapies, including parenteral and enteral nutrition. With more than 5,500 members from around the world, A.S.P.E.N. is a community of dietitians, nurses, pharmacists, physicians, scientists, students and other health professionals from every facet of nutrition support clinical practice, research and education. www.nutritioncare.org

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