

# BMT CAREGIVER CLASS

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Please sign in with your name  
and the patient's name in the  
chat room.

Please silence cell phones and  
turn off recording equipment.

Transition Nurses:

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# TYPES OF TRANSPLANT:

## ❑ AUTOLOGOUS TRANSPLANT:

❑ Referred to as an “AUTO” transplant

## ❑ ALLOGENEIC TRANSPLANT:

❑ Referred to as an “ALLO” transplant

# Caregiver Requirements

## Autologous (Auto) Transplants

- Average Discharge Day: 10 to 14 days after transplant (Day +10 to Day +14)
- Caregivers are required for all patients after they leave the hospital until approximately Day +30

## Allogeneic (Allo) Transplants

- Average Discharge Day: 15 to 21 days after transplant (Day +15 to Day +21)
- Caregivers are required for all patients after they leave the hospital until approximately Day +90

**A caregiver should plan to arrive to the hospital 24 to 48 hours prior to expected discharge.**

**A caregiver is required 24 hours a day 7 days a week after discharge from the hospital. Your loved one should never be left alone.**

# Caregiver Roles & Responsibilities:

Must be available 24 hours a day/7 days a week

- Monitor for symptoms
- Monitor temperature
- Manage medications
- Help prevent infections
- Do housekeeping and prepare meals
- Drive & accompany patient to appointments
- Central line flushing for **Allo** transplant patients
- Take care of yourself

# Caregiver Illness

- ❑ If the caregiver has a fever, productive cough, runny nose, sore throat, nausea, vomiting, and/or diarrhea—please contact the back-up caregiver immediately and notify the BMT clinic (813-745-7208).
- ❑ If a caregiver is sick, he or she cannot continue to act as a caregiver. Must be symptom free and with doctor's note/clearance to care for the patient again.

# Lodging

- Patients are required to stay within 30 minutes of Moffitt, further distances need to be approved by the BMT doctor
- If needed, local lodging is available nearby
- BMT social workers assist with these arrangements

# Follow –up

- Expect daily appointments for at least the first week in the BMT Clinic or Treatment Center
- 4<sup>th</sup> Floor Clinic Building – Gold Valet
- Primary BMT doctor and team will monitor patient until discharged “home-home”

# Medications

- Use current medication list/prescription bottles
- Bring medication list and all medications to your appointments
- If medications are changed, obtain a new medication list prior to leaving for the day
- Get permission to take medications not on list



# Infection Prevention

- Avoid crowds and handshaking
- All patients are required to wear masks until told otherwise. Masks are needed when coming to appointments and in public places
- Do not allow sick visitors or those exposed to contagious diseases to visit. Notify your doctor if you have been around anyone with flu-like symptoms.

# Infection Prevention: Handwashing

The best way to prevent infection is hand washing!!

**When in doubt, wash your hands!!**

- Before, during, and after preparing food
- Before eating food
- Before or after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching or feeding an animal
- After handling pet food or pet treats
- After touching garbage

# Handwashing: Soap and Water

- Wet your hands with clean, running water (warm or cold), and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the back of your hands, between your fingers, and under your nails
- Scrub your hands for at least 20 seconds. Need a timer? Sing “Happy Birthday” twice from beginning to end.
- Rinse your hands well under clean, running water
- Dry your hands using paper towels.

# Handwashing: Hand Sanitizer

- Use an alcohol-based hand sanitizer that contains at least 60% alcohol
- Apply the product to the palm of one hand
- Rub your hands together
- Rub over all surfaces of your hands and fingers until your hands are dry
- Do not rinse
- Do not use hand sanitizer if hands are visibly dirty, greasy, or after using the restroom. Use soap and water instead.

# Cleaning

- Patient should avoid being in the room while it is being cleaned
- Minimize exposure to dust & fumes from cleaning products
- Dust with a damp cloth
- Clean eating area and bathroom daily
- Vacuum and mop floors week
- Change sheets/pillow cases weekly

# Patient should avoid:

Refer to page 59 in the Transplant Guide

- Contact with human or animal feces (no cleaning litter boxes, fish tanks, bird droppings, or changing baby's diapers)
- Contact with animals like birds, reptiles, or rodents
- Zoos, petting zoos, farms, and barns
- Contact with soil, lawn waste, grass, compost, and gardening
- Outdoor activities such as: golfing, hunting, horseback riding, or fishing
- Swimming (no lakes, oceans, pools, or hot tubs)

# Patients should avoid:

Refer to page 59 in the Transplant Guide

- No construction sites (home renovations, etc.)
- No carpentry or woodworking
- No second-hand smoke (cigarettes, fireplaces, BBQ grills, etc.)
- No handling of chemicals (pesticides, fertilizers, pool chemicals, etc.)
- No illicit drugs or herbals (no marijuana, herbal supplements, vitamins, etc.) unless approved by the doctor

# Patients should use caution:

## With Pets:

- Patients should not clean up after pets
- Avoid exposure to the face
- Pets should not sleep in the patient's bed
- Wash hands after feeding pets, handling pet treats, and/or petting
- For any pet related injury (scratch/bites), wash area with soap & water, and notify medical team



# Patient Expectations After Discharge

- Check temperature twice daily (AM & PM)
  - Report temperatures of 100.4 or higher
- Wear SPF 30 or greater sunscreen every day
- Report skin changes or rashes to the transplant nurse or doctor
- Shower daily using a mild, liquid soap
- Protect the central line while showering
- Change the towel and wash cloth daily
- Change clothing daily
- Practice good oral hygiene

# Patients NEED PERMISSION from the DOCTOR

Refer to page 59 in the Transplant Guide

- To resume driving
- To do housekeeping
- To take over-the-counter medication
- To drink alcohol
- To go back to work or school
- To stop wearing the mask
- To travel

# Safety and Fall Prevention

- Patients should wear closed toed shoes and avoid slippery foot coverings
- Patients should use recommended assistive devices (cane, walker, etc.)
- Provide help and assistance to patient as needed

# Reporting Symptoms After Discharge

Don't hesitate to call!!

Emergency call **911**

For questions or to report symptoms

Call BMT-CI Clinic at **(813)745-7208**

Ask for Triage

Available 24 Hours a day/7 days a week

At night, if you are unable to reach your clinical team by calling the above number,

Call Moffitt operator at **(813)745-4673**

Identify yourself as a BMT patient

Ask to speak to the Clinical Leader on 3 West

# Call BMT-CI Clinic for:

BMT-CI Clinic (813)745-7208

- Fever of **100.4** or higher
- Cold symptoms: such as sore throat, runny nose, cough
- Wheezing or cough with bloody, yellow, or green mucous
- Fainting, becoming lightheaded, or dizziness upon standing
- Any fall with or without visible injury
- New or worsening diarrhea
- Bright red, dark, red, or black stools
- New or worsening blood in the urine

# Call BMT-CI Clinic for:

BMT-CI Clinic (813)745-7208

- Shortness of breath when moving or when lying flat
- Unstoppable nosebleeds
- New or frequent nausea or vomiting
- Bright red, dark red, or black vomit
- Swelling, tenderness, or redness of an arm or leg
- New or worsening pain, including headaches
- Anything that causes you concern- Please call!**

# Summary:

- As a caregiver, you play a vital role in your loved one's care and recovery
- Education is one part of your preparation as caregiver
- BMT Team is available 24 hours for you!!

# FOOD SAFETY



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# Four Steps to Food Safety

813-745-3609

## 1. Clean

- Wash hands, produce, utensils and cutting boards before and after use.
- Wash canned goods before opening.

## 2. Separate food

- Keep raw meat, poultry, seafood and eggs separate from other foods.
- Use one cutting board for raw foods and another for cooked foods.

# Food Safety Tips

813-745-3609

## 3. Cook to safe temperatures

- Use a food thermometer to measure the internal temperature of all meats and egg products.

**See Diet Guidelines for specific temperatures.**

## 4. Chill/Refrigerate

- Refrigerate or freeze meats, eggs and perishable within 2 hours of cooking or purchasing.

# Food Safety Tips

813-745-3609

- Thaw food in the refrigerator, cold water or microwave.
- Cooked leftovers in the fridge should be thrown away after two days.

**If you should have any questions concerning the Diet Guidelines and Food Safety for Patients with Decreased Immunity, please contact the Nutrition Department at 813-745-3609**

# Questions????



# Central Line Flushing

- After discharge, caregivers will be expected to flush all three lumens of the patient's central line on days that the patient does not come to clinic.
- The bedside nurse will demonstrate central line flushing throughout your hospital stay and there will be opportunities to practice line flushing
- Step by step written instructions will also be provided in the discharge education paperwork (green folder) provided to the patient by the Transition RNs
- Central line flushing will be reviewed with the caregiver and/or patient by the Transition RN before discharging from the hospital

# Central Line Flushing

## Step by step page 1

Choose a clean and comfortable area with good lighting where you can flush your catheter.

Collect supplies you will need:

- Alcohol pads
- One (1) pre-filled saline syringe **for each lumen**

**Syringes and alcohol pads are to be used one time only.**

- Wash your hands very well with soap and water for at least 20 seconds and dry.
- Choose a pre-filled **saline syringe**. Inspect the syringe. Do not use if the solution is cloudy or has particles in it.
- Remove the cap of the pre-filled saline syringe.
- Hold the syringe facing upward and away from you. If there are bubbles, flick the syringe with your finger and slightly push on the plunger to remove as many bubbles as possible.
- Pull back on the plunger of the syringe first and then push it forward until you see a drop of fluid at the tip of the syringe. Fluid may squirt because it is under pressure. Don't worry if a few small bubbles remain.
- Set the syringe down on your clean work area. Keep the tip of the syringe sterile and avoid letting it touch any surface. If tip touches a surface, throw away the syringe and start again with a new one.

# Central Line Flushing

## Step by step page 2

- Thoroughly clean the end of one lumen of the catheter with the alcohol pad. Scrub the end for 15 seconds and then hold onto it to prevent contamination as you let it dry.
- Insert the tip of the syringe into the end of the catheter, twisting clockwise until snug. Unclamp the catheter tubing.
- Briskly inject the **saline solution**. There should be minimal resistance as you inject the solution. If there is unusual resistance, do not force it! Check that the lumen is completely unclamped. If it is unclamped and there is unusual resistance, **stop and call your healthcare team** at (813) 745-7208 (available 24 hours/day, 7 days/week).
- When the syringe is almost empty, re-clamp the catheter, and hold the line as you remove the syringe.
- Dispose of the syringe in the trash can. Never reuse a syringe.
- Repeat procedure for each lumen.
- Syringes are to be used one time only. Discard them immediately after use.