Community Hospital Interface Program

HELPING YOU HOME

Disclaimer: This handbook is a guide to care and does not replace clinical judgement. It is to be utilised in conjunction with:

- Clients Home Schedule
- Community IV Therapy Clinical Pathway
- CVAD Community Care Flowsheet
- Medication Chart
- Pathology Forms
- Follow up appointment
- Hospital Community Referral (MR52)
- Medical Discharge Summary/instruction

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CAIRNS AND HINTERLAND HOSPITAL AND HEALTH SERVICE

Community Hospital Interface Program

INFORMATION BOOKLET FOR CLIENTS AND CARERS

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Welcome to the Community IV Therapy Program.....

- You have been diagnosed with an infection that requires you to have antibiotics given intravenously (directly into your blood stream).

- The doctor treating your infection feels that you are well enough to receive your treatment in the community supported by a Nurse.

- You will have regular blood tests and your progress will regularly be reviewed by the doctor responsible for your treatment. Report any side effects to your Nurse, Doctor or Pharmacist.

Follow up whilst on the “Home IV” Program

- Please keep your appointments, even if you feel well.
- If you are unable to attend for your appointment, please let the appropriate people know.
- Complete the FULL course of any antibiotic tablets you may have been given, even if you feel well.
- Please contact your nurse and / or attend the review clinic in the emergency dept. if any of your symptoms return.
If you experience extreme fever or chills

Report it to your nurse
Or
Present at the emergency department

If you experience increasing pain

Report it to your nurse
Or
Present at the emergency department

How to Contact Us

We trust you will make a rapid recovery and not have any problems, however if you have any concerns:

PLEASE DO NOT HESITATE TO PHONE YOUR
Community Nurse

“____________________________________”
(Mon – Fri, 8:30 am – 4:30 pm)

Phone: ________________

OR

CHIP Care Coordinator PH: 40817823

“____________________________________”
(7 days/week, 8:30 am – 4:30 pm)

In an emergency please contact the ambulance or your local Emergency Department
(After Hours)Phone: ________________
Your Rights & Responsibilities

Your Rights…

- The right to dignity and privacy
- The right to be assessed for access to services without discrimination
- The right to be informed
- The right to choose from alternatives
- The Right to complain
- The Right to an advocate of your choice

Your Responsibilities…

- To be responsible for decisions regarding your care
- To respect staff and other consumers
- To provide a safe environment for visiting staff

What will help me feel better?

Fluids:
When you have a raised temperature and do a lot of sweating, your body will lose fluid. You will need to increase your fluid intake to replace this body fluid. Drink at least 2 – 3 litres of fluid daily. (unless your nurse or doctor specifies otherwise)

Keeping a check on your urine output is a good way of assessing whether you are drinking enough fluid. Note any decrease or darkening of colour. Normal urine should not have a strong, offensive smell (although some antibiotics do give a distinctive smell)

If concerned about any of the above, tell your nurse when she visits, so she can test the urine if necessary.

HAVE YOUR SAY…
For Further Comments on these services please contact
CNC - Community Hospital Interface
Cairns Community Health
P.O Box 859 Cairns 4870
Mob 0428 193 250
**What will help me feel better?...**

**Rest:**
The most important thing you can do to help your infection improve is to rest. If your infection is in a limb elevate the affected limb as much as possible for the first 48 hours particularly, as this will promote quicker healing.

Your carer should assist you to get periods of uninterrupted rest (both physical and mental) throughout the day.

Even having your shower may seem quite an effort. Have your carer assist you as much as possible; e.g. setting up the bathroom with everything you need within easy reach.

Exertion and activity cause fatigue when you are ill. Rest is very important in the first 24 – 48 hours, whilst the infection begins to respond to treatment. As you improve, increase activity slowly.

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**Community IV Therapy Program**

This program was developed in response to a growing need to provide an alternative to IV therapy at Cairns Base Hospital.

It is generally thought that clients recover more rapidly and experience fewer complications at home.

The CHIP service coordinates this program and will assess eligibility, provide education and commence a care plan in collaboration with the relevant Medical Officer.

Follow up care with community, pathology and medical services will be made to meet your needs. Different services may offer alternate sites to receive your care.

Finalising your community care plan may take anything from a few hours to a few days depending on medical assessment, accessing services and supplies.

This booklet will be part of a Client Discharge Folder that will contain information to continue your care.
What is required on my part?

It is essential that you:

- be independent with activities of daily living or have a carer to assist.
- be reliable and willing to follow through with the treatment.
- have a safe home environment for visiting staff with access to basic amenities such as telephone, running water, electricity, storage for medication in refrigerator (not door).
- have a friend or family member willing to support you (ie. provide transport, meals, shopping, personal care support)

What will help me feel better?....

Diet:
A well balanced nutritious diet is recommended to help your body fight the infection. Small and more frequent meals may be easier to tolerate whilst you feel unwell. Ask your nurse for further advice if needed.

Fever and Comfort Management:
If you are experiencing high temperatures, a cool shower/bath and two Panadol (or equivalent) tablets will help reduce your temperature and make you feel more comfortable.
Care of your PICC line

To keep the PICC line open and working properly:

- The PICC entry site needs to be dressed after the first day and then weekly by your Nurse.
- When you are not actively having medication through your PICC, your Nurse will flush the line and may show you how to do this and how often.
- Flushing is also routine prior to or after IV injections.
- When you no longer need your PICC line it will be removed by your Nurse/Doctor. The line is pulled out of the vein and then pressure is applied over the spot where it entered the skin. Removing the PICC line is usually a painless procedure.

Hints for your first night at home

- Rest and relax. Don’t try to do too much too soon, let family and friends help you.
- Keep your list of contact phone numbers somewhere handy – in case of emergency.
- Put medications away safely and as per instructions.
- Browse through this booklet – it may answer some of your questions.
- If you have other queries, you may like to write them down and ask the nurse when she visits the next day.
- If you are finding it difficult to manage at home – let your nurse know, there may be a simple solution.
Your IV Antibiotics Treatment

The antibiotic is given to treat your infection. The treatment should provide some improvement within 48 hours.

You will have a Venous Access Device (IV Cannula or PICC line) inserted in your hand or arm, to allow this medication to be given directly into your vein.

The antibiotic will be given by injection or with a slow infusion system over 24 hours. Your Nurse will flush the device and may show you when and how to do this if necessary.

You may also be prescribed an oral antibiotic (tablet) to take at the same time.

Care of your PICC line

A PICC line is a type of long flexible tubing that is inserted into a vein in the arm and then threaded into a larger vein in the central part of the body. The end of the catheter that sticks out of the skin has a special cap. The site will be covered with a dressing.

The PICC line can be used to get blood samples or to give medicines. PICC is the abbreviation for peripheral intravenous central catheter.

A PICC line may be used if you need intravenous (IV) medicine that may irritate the smaller veins usually used for IVs. A PICC line may also be used if you need many doses of IV medicines.
Care of your IV Cannula

Keep your cannula clean and dry. A bandage is usually placed around the area to protect it from being accidentally knocked or soiled.

If the cannula is knocked or bumped and falls out, do not panic – your nurse will have provided you with sterile gauze and tape.

- Simply take off the remaining dressing cannula and place firm pressure (for at least 5 minutes) over the area, using a gauze square.
- When bleeding has stopped, cover the area with a folded gauze square and tape until your nurse’s next visit.
- If the spot appears to be bleeding heavily – simply maintain firm pressure over the area until it stops.

Looking after your Antibiotics

- Antibiotics are medicines used to treat infections caused by bacteria. They will be individually prescribed by your Medical Officers.
- Many antibiotics have side effects. The most common are upset stomach, diarrhoea, and rashes. Please discuss these with your Health Professional, if these are a concern.
- It is important to store your antibiotics (infusor/Baxter packs, ampoules or tablets) at the advised temperature.
- Most antibiotics for IV use require refrigeration and should be stored in the body of the fridge (not the door).
Infusor/Baxter Packs

- Most infusors will need changing every 24 hours. (can be done a little earlier or later the next day if a more convenient time)

- The infusor will deliver 10mls an hour until empty in 24 hours time (+/- 1 or 2 hours)

- The infusor balloon may not deflate completely and you may be left with a small amount of fluid – this is quite normal.

- Please check the infusor to see if it is emptying slowly throughout the day.

- Please report any concerns to your nurse or contact CHIP PH: 40817823 and/or leave a message.

Your Venous Access Device site

- Avoid catching the end of your device on your clothing or other things.

- When you shower / bath, keep the area dry by covering it with gladwrap/a plastic bag and tape.

- Watch for signs of infection (fever, chills, unexplained tiredness, redness, pus, tenderness) or a change in the position of the line. If you see these signs, tell your Nurse/Doctor.

- If you are at all concerned about your device, do not hesitate to ring your Nurse.
Self Care of Infusor/Baxter Packs
Self Care of Infusor/Baxter Packs

Your Nurse may advise and educate you to:

1. Wash and dry hands well using a clean towel or paper towel. Prepare a clean flat work area.
2. Check infusor pack is clearly labeled with your name and is within the expiry date.
3. Leaving screw cap intact, thread the new line and infusor through clothes ready to connect.
4. Wash hands again or use hand gel.
5. Undo cap at the end of new infusor being careful not to touch the end.
6. A small amount of fluid will start to flow from the line. Replace cap for the moment.
7. Remove the old infusor.
8. While still holding the PICC line remove the cap from the new infusor and connect it with a quarter clockwise turn.
9. Tape line down securely and fit new infusor in carry bag.
10. Clean up and discard used infusors and items in normal household rubbish. Any unused infusors are to be returned to Pharmacy for disposal.