



血液科/肿瘤科住院病人出院须知

自我护理及联系电话

这讲义为您提供您从华大医疗中心(UWMC). 血液/肿瘤科病房出院后的一些资讯。

您的肿瘤医生是：

预约

如您对已经安排好的预约有疑问、或需要安排预约、请致电您的医疗组联系人：

姓名：_____

电话：_____



华大医疗中心

居家输液及导管的供应

如果您是由一个家庭输液机构供应导管的所需、在您对居家输液或用品有任何疑问时请阅读他们给您的资讯。

感染的风险

白血球(WBCs)有助于保护您的身体免受感染。但是、化疗会降低白血球内中性粒细胞的数量。这种血液状况被称为中性粒细胞减少症。

如您患有中性粒细胞减少症、您被感染的风险就会增高。

为了预防感染：

- 经常用肥皂和温水洗手、尤其是在进食之前及使用厕所之后。或者、您也可以使用至少含量有 60% 酒精的手凝胶。
- 避免接近人群、生病的人、及最近接种过疫苗的儿童。与您的医生讨论应该在多长的时间内避免接触那些最近接种过疫苗的孩子。这是因疫苗的不同而异。

- 接受流感疫苗、亦请照顾您的人注射流感疫苗。且避免由鼻孔喷雾式的疫苗。
- 至少 2 周内要避免与接受过由鼻孔喷雾式的疫苗的人接触。
- 以消毒巾搽清您经常使用的物件。包括电话、及电脑的键盘。
- 避免用手揉眼睛、鼻子、口腔及中央导管、特别是手不洁净的时候。
- 好好照顾您的牙齿及牙龈。使用柔软的牙刷。轻轻地刷牙并使用牙线。

中央导管的护理

更换您中央导管敷料的日期：_____

- 依照医嘱冲洗中央导管及更换敷料。每周必须更换中央导管的隧道管 (PICCs) 及周边置入导管的敷料。如您没有更换敷料及冲洗导管的书面说明书；就请与西雅图癌症中心 (SCCA) 的护士联系。
- 每天及每次使用后、中央导管的 **两条管条都必须以 10 CC 的盐水及 3 CC 的肝素冲洗。**
- 每周、及每次使用后必须以 **10 CC 的盐水冲洗中央导管 (PICCs)。**
- 每天淋浴或洗澡：
 - 请使用消毒贴膜 (Parafilm) 将中央导管、或隧道管贴妥。
 - 请使用防水保鲜膜 (Aquaguard) 贴在导管上。贴妥并严封。
 - 如您使用端口的消毒帽 (Curo cap)、务必确认封口膜 (Parafilm) 遮盖了端口的消毒帽及接头。

发烧

发烧往往是您身体抵抗感染的第一个迹象。当您在化疗期间、发烧可能是一个严重健康问题的征兆、需要即时关注。您可能需要接受抢救治疗。

在化疗期间必须密切地监测您的体温。以下是量体温的规则：

- 每天 2 次、早晚各量一次。
- 每当您觉得热、或冷、或发抖或发冷。

如有下列情况请**即刻**联系您的医疗组：

- 口腔内量的体温高于华氏 **100.9°** 度 (摄氏 **38.3°**度)。
- 腋下量的体温高于华氏 **100.2°** 度 (摄氏 **37.8°**度)。
- 口腔内量的体温高于华氏 **100.4°** 度 (摄氏 **38°**度) 持续 **1** 小时以上。
- 腋下量的体温高于华氏 **99.9°** 度 (摄氏 **37.5°**度) 持续 **1** 小时以上。
- 如果您正在服用类固醇激素如强的松或甲基强的松龙、体温会高于正常体温 **1** 度。
- 冷颤（即使您的体温正常）。
- 感冒的症状如流鼻涕、眼睛流泪、打喷嚏及咳嗽。

如您发烧：

- 发烧时**必须**联系您的医疗组。如夜里发烧、**不可**等到天亮才打电话。
- **您的医疗组可能叫您去急诊室 (ER)**。请遵照他们的指示。如您最近在作化疗、就务必携带绿色的小卡。说明您近期有接受化疗。请将此卡显示给急诊室 **(ER)** 接待您的护士。

其他健康上的考量

如您需要有关症状、或家居护理的详情、请详读**西雅图癌症中心 (SCCA)** 病人指南。

紧急事故

如您有下列情况、请**即刻**联系您的医疗组员：

- 您中央导管处起变化；如发红、肿、痛疼或流液。
- 尿的颜色有改变、排尿时疼痛、烧痛、或超过 **8** 小时以上无法排尿。
- 新出现的咳嗽、呼吸短促。
- 恶心或呕吐、服用止吐药也无法控制。
- 每天腹泻 **5** 次以上。
- 服处方药有困难。
- 新出现的或与以前不同的疼痛。

- 新出现的或加剧的出血或淤血。
- 头痛或头晕。
- 思考能力改变。
- 跌倒、特别是撞击到头部。

联系电话

请根据您打电话的时间、使用下列不同的电话来联系我们：

打电话的时间	请打这电话号码
周间：上午8点至下午5点	您西雅图癌症中心的护士联系人： 姓名：_____ 电话：_____
周间：下午5点至晚间10点 周末：上午8点至下午6点 假日：上午8点至下午5点	206.288.7400, 选 7 (– 请传呼 急诊护士/或值班的医生)
周间：晚间10点至上午8点 周末：下午6点至上午8点 假日：下午5点至上午8点	206.598.6190 (华大医疗中心 UWMC 传呼接线生) –请传呼血液 科/肿瘤科值班的医生。请把您的 电话号码给他们。值班的肿瘤科医 生会回您电话。

您有疑问吗？

我们很重视您的提问。如您有疑问或顾虑；请联系您的医务人员。



Discharge from the Inpatient Hematology/Oncology Service

Self-care and numbers to call

This handout gives information for you to use at home after you are discharged from the Inpatient Hematology/Oncology Service at University of Washington Medical Center (UWMC).

Your clinic oncologist is:

For Appointments

If you have questions about a scheduled appointment, or to make an appointment, please call your Team Coordinator:

Name: _____

Phone: _____



University of Washington Medical Center

Home Infusions and Line Supplies

If you receive your line supplies from a home infusion agency, please read the information they gave you if you have any questions on home infusions or supplies.

Risk of Infection

White blood cells (WBCs) help protect your body from infection. But, chemotherapy can decrease your numbers of WBCs called *neutrophils*. This blood condition is called *neutropenia*.

If you have neutropenia, you are at higher risk for getting infections.

To help prevent infections:

- Wash your hands often with soap and warm water, especially before eating and after using the bathroom. Or, you can use a hand gel that contains at least 60% alcohol.

- Avoid crowds, people who are sick, and children who have recently received vaccines. Talk with your doctor about how long you should avoid children who were recently vaccinated. This time varies depending on the vaccine.
- Get your flu vaccine and ask your caregivers to get theirs, too. Avoid nasal spray vaccines.
- Avoid contact with people who have received nasal vaccines for at least 2 weeks.
- Clean items you use often with disinfectant wipes. This includes phones and computer keyboards.
- Avoid touching your eyes, nose, mouth, and central line, especially if your hands are not clean.
- Take good care of your teeth and gums. Use a soft toothbrush. Also, brush and floss your teeth gently.

Central Line Care

Your central line dressing will be changed on: _____

- Clean your central line site and change your dressing as instructed. Dressings for both tunneled and peripherally inserted central catheters (PICCs) must be changed weekly. Talk with your SCCA Clinical Nurse Coordinator if you do not have written instructions on dressing changes and flushing.
- Flush both lumens of your tunneled central line with 10 mL saline and 3 mL heparin once a day and after each use.
- Flush both PICC lumens with 10 mL saline once a week and after each use.
- Shower or bathe every day:
 - Cover the claves of your tunneled central line or PICC line with Parafilm.
 - Cover your line with Aquaguard, Saran Wrap, Press n Seal, or a shower sleeve.
 - If you are using a Curo cap, make sure the Parafilm covers both the Curo cap and the clave connection.

Fever

A fever is often the first sign of that your body is fighting an infection. While you are on chemotherapy, a fever can be a sign of a serious health problem that needs attention **right away**. You may need to receive life-saving treatment.

Closely monitor your temperature while you are on chemotherapy. To do this, take your temperature:

- 2 times a day, in the morning and at night
- Any time you feel hot or cold, or have shaking or chills.

Call a member of your care team **right away** if you have:

- Fever higher than 100.9°F (38.3°C) by mouth
- Fever higher than 100.2 °F (37.8° C) with an *axillary* (under the arm) thermometer
- Fever higher than 100.4°F (38°C) by mouth for more than 1 hour
- Fever higher than 99.9°F (37.5°C) with an axillary thermometer for more than 1 hour
- Fever more than 1 degree higher than normal if you are taking steroids such as prednisone or methylprednisone
- Shaking chills (even if your temperature is normal)
- Cold symptoms such as a runny nose, watery eyes, sneezing, and coughing

If you have a fever:

- You **must** call your care team. If you have a fever at night, **do not wait** until morning to call.
- **Your care team may tell you to go to an Emergency Room (ER).** Follow their instructions. If you have had chemotherapy recently, take your green wallet card with you that says you recently had chemotherapy. Show it to the nurse who greets you at the ER.

Other Health Concerns

For more details about symptoms and home care, please read your Seattle Cancer Care Alliance (SCCA) Patient Care Manual.

Urgent Concerns

If you have any of these symptoms, call a member of your care team **right away**:

- Changes in your central line site, such as redness, swelling, pain, or drainage
- Changes in urine color, pain or burning while urinating, or not being able to urinate for more than 8 hours
- New cough or shortness of breath
- Nausea or vomiting that is not controlled with anti-nausea medicine

- Diarrhea more than 5 times each day
- Problems taking your prescribed medicines
- New or different pain
- New or increased bleeding or bruising
- Headache or dizziness
- Change in your ability to think clearly
- A fall, especially if you hit your head

Who to Call

This table shows who to call based on the day and time you are calling:

If You Are Calling	Call This Number
Weekdays, 8 a.m. to 5 p.m.	Your SCCA Clinical Nurse Coordinator: Name: _____ Phone: _____
Weekdays, 5 p.m. to 10 p.m. Weekends, 8 a.m. to 6 p.m. Holidays, 8 a.m. to 5 p.m.	Clinic triage nurse/on-call provider: 206.288.7400
Weekdays, 10 p.m. to 8 a.m. Weekends, 6 p.m. to 8 a.m. Holidays, 5 p.m. to 8 a.m.	UWMC paging operator: 206.598.6190 Ask for the Hematology/Oncology Fellow on call to be paged. Give them your phone number and the Oncology Fellow will return your call.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.