

血液科/肿瘤科住院病人出院须知

自我护理及联系电话

本讲义为您提供从华大医疗中心 (UWMC) 血液科/肿瘤科住院部出院后在家护理的资讯



请用手机摄像扫描此二维码，即可在网上阅读此讲义。

您的肿瘤科门诊医生是: _____

您医护团队的电话号码: _____

安排预约

如需约诊或询问有关预约的问题，请致电医护团队。

家庭输液和导管等用品

如您从家庭输液机构收到导管用品、对这些用品有任何疑问，请阅读该机构提供的资讯。

感染的风险

白细胞 (WBC) 有助于保护人体免受感染。化疗会减少被称为 *中性粒细胞* 的白细胞数量。这种血液状况被称为 *中性粒细胞减少症*。

如患有中性粒细胞减少症，感染的风险会更高。如何预防感染：

- 经常用肥皂和温水洗手，尤其是在饭前和如厕后。或使用至少含 60% 酒精的洗手液。
- 避开人群和病人。
- 确保家人（包括孩子）、家护人员和密切接触者接种了最新疫苗，除非他们因健康原因不能接种。



华大医疗中心 (UWMC)

- 有些疫苗，如麻疹、腮腺炎、荨麻疹（MMR）、水痘和带状疱疹等，是活病毒疫苗。家中的人接种这些疫苗通常是安全的，但请先与护理团队咨询，以确定最佳的接种时间。
 - 活疫苗有时会脱落（传播少量病毒），这对于免疫系统较弱的人来说可能会有被感染的风险。有些活疫苗有少许会在家中传播的风险。
 - 接种流感疫苗，要求家护人员也接种流感疫苗。免疫力低时应避免接种鼻雾型流感疫苗（FLUMIST®）。家人、家护人员和密切接触者也应避免接种 FLUMIST®，除非医护团队同意。
- 使用消毒湿巾清洁患者经常使用的物品。这包括电话及电脑键盘等。
- 避免触摸眼睛、鼻子、嘴和央导线，尤其是在手不清洁的情况下。
- 妥善护理牙齿和牙龈。使用软毛牙刷，轻柔地刷牙并使用牙线清洁牙齿。

中央导管的护理

更换中心线敷料的日期： _____

- 每天一次、及每次使用后用 10 mL 的生理盐水冲洗隧道式中央导管的两个管腔。
- 每天淋浴或泡澡、并以下列的方法保护中央导管：
 - 使用封口膜（Parafilm）覆盖中央导管在体外的部分。
 - 使用 Aquaguard、保鲜膜、Press'n Seal 或淋浴袖套覆盖导管。
 - 如使用 Curot 盖，请确保封口膜（Parafilm）同时覆盖 Curot 盖及导管。
- 用手机摄像头扫描右侧的二维码，观看 Fred Hutch 视频。它展示如何冲洗中央导管及淋浴时如何保护它。



用手机摄像头扫描此二维码，即可观看“如何冲洗中央导管（生理食盐水）视频”的视频



用手机摄像头扫描此二维码，即可观看“如何在淋浴时保护中央导管”

发烧

发烧通常是身体正在抵抗感染的第一个症状。接受化疗时，发烧需要立即关注、它可能是严重健康问题的征兆。而需要接受挽救生命的治疗。

在接受化疗期间，请密切监测体温（最好是口腔体温计）。请按照下列时间来测量体温：

- 每天早晚各一次
- 任何时候，感到发热或发冷、或发抖时。

如出现以下情况，请立即致电护理团队、下班后联系当值的医护人员：

- 口腔体温计测得体温达到或超过华氏 100.4 度（摄氏 38 度）
- 腋下体温计测得体温达到或超过华氏 99.5 度（摄氏 37.5 度）
- 发冷或发抖，即使体温正常

如发烧：

- 必须致电给护理团队。如是晚上发烧，请不要等到早上再打电话。
- 护理团队可能会让患者去急诊室（ER）。请遵照他们的指示。如最近接受过化疗，请告诉急诊室接待的护士。
- 在服用任何退烧药（如对乙酰氨基酚或泰诺、布洛芬或安乃近）之前，请先咨询医护提供者。

其他健康方面的顾虑

有关症状和家庭护理的详细资讯，请阅读《Fred Hutch 护理指南》手册。可以向护理团队索取，或在 FredHutch.org/guide-to-your-care 上在线阅读。也可以使用手机摄像头扫描左侧显示的二维码。



用手机摄像头扫描此
二维码即可阅读
“Fred Hutch 的护理
指南”手册。

何时需要寻求帮助

如出现危及生命的紧急情况，请拨打 911，包括：

- 严重呼吸困难
- 出血无法控制
- 新发生的剧烈疼痛或胸痛
- 癫痫发作或丧失意识
- 新发生的意识模糊或不明原因的嗜睡
- 中风体征：面部下垂、手臂无力、言语困难

如有以下情况，请致电肿瘤诊所（不要发送 MyChart 信件）：

- 发热和/或发冷
- 口腔体温计测得体温达到或超过华氏 100.4 度（摄氏 38 度）
- 腋下体温计测得体温达到或超过华氏 99.5 度（摄氏 37.5 度）
 - 在服用任何退烧药（如对乙酰氨基酚或泰诺、布洛芬或 Advil）之前，请先咨询医护提供者。
- 新发生的气短或气短加重
- 感染的体征或症状（新发或发红、疼痛、肿胀加重）
- 恶心、呕吐、便秘或腹泻无法控制
- 新发生的疼痛或疼痛加剧
- 药物无法控制的疼痛
- 出血迹象，如瘀伤、流鼻血或粪便有血（大便有血）或尿血（小便有血）
- 丧失视力或视力发生变化
- 头晕、平衡有问题或跌倒，不论受伤或没受伤
- 有顾虑不能等到复诊

您有疑问吗？

我们很重视您的提问。如有任何疑问或顾虑，请致电您的医生或医护提供者。

- 如遇到危及生命的紧急情况，请拨打 911。
- 如有紧急问题或疑虑，请致电您的医护团队。

工作时间：

- 致电您的医护团队，或致电：**206.606.1000**
- 我医护团队的电话号码：

下班后：

- 致电您的医护团队再按 0，或致电：**206.606.1000**
- 下班后的紧急电话将转接至 **UWMC** 传呼接线员。在这种情况下，请要求接线生联系血液肿瘤学当值的医生。

对于所有其他疑问或顾虑，请经由 MyChart 或电话联系您的护理团队。

Discharge from the Inpatient Hematology/Oncology Service

Self-care and numbers to call



Scan with your phone camera to read this document online.

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

Your clinic oncologist is: _____

Your care team phone number: _____

For Appointments

To make an appointment or to ask questions about a scheduled appointment, please call your care team.

Home Infusions and Line Supplies

If you receive line supplies from a home infusion agency and have any questions about these supplies, please read the information the agency gave you.

Risk of Infection

White blood cells (WBCs) help protect your body from infection. Chemotherapy can decrease your numbers of the 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 and people who are sick.
- Make sure your family members (including children), caregivers, and close contacts are up to date on their vaccines unless they cannot have them for health reasons.



UW Medical Center (UWMC)

- Some vaccines, like MMR (measles, mumps, rubella), varicella, and shingles, are live virus vaccines. It is usually safe for people in your home to get these vaccines but talk to your care team first to determine the best timing.
 - Live vaccines can sometimes shed (spread small amounts of the virus), which may be a risk for someone who has a weakened immune system. Some live vaccines pose a very small risk of spreading in your home.
 - Get your flu vaccine and ask your caregivers to get theirs, too. Avoid the nasal mist flu vaccine (FLUMIST®) while you are immunocompromised. Family members, caregivers, and close contacts should also avoid FLUMIST® unless your care team says it's okay.
- 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 and brush and floss your teeth gently.

Central Line Care

Your central line dressing will be changed on: _____

- Flush both lumens of your tunneled central line with 10 mL saline once a day and after each use.
- Shower or bathe every day and protect your central line:
 - Cover the claves of your central 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.
- Scan the QR codes on the right with your phone camera to watch Fred Hutch videos. These show how to flush your central line and protect it while showering.



Scan this QR code for a video on "How to Flush Your Central Line (saline only)."



Scan this QR code for a video on "How to Protect Your Central Line When Showering."

Fever

A fever is often the first sign 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 (preferably by mouth) 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 or after-hours support right away if you experience:

- Temperature taken by mouth at or above 100.4° F (38° C)
- Temperature taken under the arm at or above 99.5° F (37.5° C)
- Chills or shaking, even if your temperature is normal

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, tell the nurse who greets you at the ER.
- Talk with your provider before taking any fever-reducing medications (such as acetaminophen or Tylenol, ibuprofen, or Advil).

Other Health Concerns

For more details about symptoms and home care, please read the “Fred Hutch Guide to Your Care” manual. You can ask your care team for a copy or read it online at FredHutch.org/guide-to-your-care. You can also scan the QR code shown on the right using your phone camera.



Scan this QR to read the “Fred Hutch Guide to Your Care” manual.

When to Get Help

Call 911 for a life-threatening emergency, including:

- Severe trouble breathing
- Bleeding that you cannot control
- New severe pain or chest pain
- Seizures or loss of consciousness
- New confusion or unexplained drowsiness
- Signs of stroke: face drooping, arm weakness, speech difficulty

Call the Oncology Clinic (do NOT send a MyChart message) if you have:

- Fever and/or chills
- Temperature taken by mouth at or above 100.4° F (38° C)
- Temperature taken under the arm at or above 99.5° F (37.5° C)
 - Talk with your provider before taking any fever-reducing medications (such as acetaminophen or Tylenol, ibuprofen or Advil).
- New or worsening shortness of breath
- Signs or symptoms of infection (new or increased redness, pain, swelling)
- Uncontrolled nausea, vomiting, constipation, or diarrhea
- Pain that is new or getting worse
- Pain that is not controlled by medication
- Signs of bleeding, like bruising, nosebleeds, or blood in stool (poop) or urine (pee)
- Vision loss or vision changes
- Dizziness, balance changes, or falls with or without injury
- Concerns that cannot wait until your follow-up visit

Questions?

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

- If you are having a life-threatening emergency, call 911.
- If you have urgent questions or concerns, call your care team.

Business Hours:

- Call your care team, or call **206.606.1000**
- My care team's number is: _____

After Hours:

- Call your care team and press 0, or call **206.606.1000**
- **After hours urgent calls will be routed to the UWMC Paging Operator. In this case, ask for the Hematology Oncology fellow to be paged.**

For all other questions or concerns, contact your care team via MyChart or phone.