

# ARIZONA HOME CARE/PATIENT CARE INFUSION

## YOUR HOME CHEMOTHERAPY

### PATIENT EDUCATION TOOL

Name \_\_\_\_\_

Nurse \_\_\_\_\_

Pharmacy Contact \_\_\_\_\_

Your doctor has ordered home chemotherapy to be given through your

PICC    Implanted Port    CVC

Type of PICC/Port \_\_\_\_\_  Power injectable

Date Placed \_\_\_\_\_ Length to hub \_\_\_\_\_ Huber needle size \_\_\_\_\_

Flush each lumen    daily    twice a day    weekly

Flush with Normal Saline    10ml    20ml   before and after medications.

Flush each lumen with Normal Saline 10ml only when not in use.

Flush each lumen with \_\_\_\_\_ ml Heparin after the Normal Saline final flush.

Do not flush your PICC/PORT.

Other \_\_\_\_\_

### Your Home Chemotherapy Medication:

Orders as of \_\_\_\_\_

Fluorouracil (5fu) Dose \_\_\_\_\_

Rate \_\_\_\_\_ Over \_\_\_\_\_  hours    days

Time started \_\_\_\_\_

Time expected to disconnect \_\_\_\_\_

# FREQUENTLY ASKED QUESTIONS ON HOME 5FU INFUSION

## How will I get my home chemotherapy?

- Arizona Home Care works directly with your oncology physician and staff to provide your chemotherapy.
- Your 5fu will be sent when the final orders are received by Arizona Home Care pharmacy.
  - ◆ This typically happens after your oncologist has reviewed your labwork and assessment.

## What is the plan for my home chemotherapy?

- The plan for home chemotherapy “hook-ups” and disconnections will be made together with you and your doctor to best meet your needs.
- For your first visit, the home care nurse will meet you at the clinic to teach you about your pump and home chemotherapy infusion.
  - ◆ All future home chemotherapy “hook-ups” are typically done by your oncology clinic nurse in the clinic.
  - ◆ For VA patients only:  
The VA requires that **all** home chemotherapy visits are done in the home.

## Where will I get the chemotherapy disconnected?

- The chemotherapy may be disconnected in the home by the Arizona Home Care nurse or in the oncology clinic depending on the plan.
- Patients that are without home care insurance coverage may choose to schedule their disconnection time at the oncology clinic rather than self-pay for the home visit.

## I have insurance. How do I know if it pays for home care visits?

- Your home care benefits will be checked and explained in advance by the Arizona Home Care staff.

## Do I have to be homebound to have home care?

- Many insurances, including Medicare and Medicare replacement plans, require that you are “homebound” to pay for nursing visits in the home.
  - ◆ Homebound means that it is very difficult to leave home because it is physically exhausting.
- You are not required to be homebound to pay for your home medications.
- Not all insurances require you to be homebound to pay for your home visits.

## If my insurance doesn't cover home visits what are my options?

- If your insurance will not cover your home nursing visits, you have options for your home chemotherapy care:
  - ◆ You can choose to self-pay for home nursing visits.
  - ◆ You can notify Arizona Home Care that you do not wish to self pay and make an appointment to disconnect the home chemotherapy at the oncology clinic.

## How will I know when a nurse is coming to my home to disconnect the chemotherapy?

- It is very important to call your home care nurse and give the time that you were connected to your home chemotherapy infusion at the oncology clinic each time.
- The nurse will arrange a time to meet you at your home with you at that time.

## **ABOUT YOUR MEDICATIONS**

### **Where do I store my medications/IV fluids?**

- 5FU can be stored without refrigeration in a controlled temperature.
  - ◆ Store in a clean, dry, dark area.
  - ◆ Avoid temperatures over 86 degrees for storage.
  - ◆ Keep out of reach from children and pets.

### **Where do I get my medications/IV fluids?**

- Your medications have been prepared by Patient Care Infusion Pharmacy at Arizona Home Care.
- The Pharmacists and Pharmacy technicians prepare the medications using sterile environment.

### **Before giving your medications/IV fluids**

Always read your medication label and check the following:

- ✓ Correct name of patient
- ✓ Correct medication
- ✓ Expiration date
- ✓ Correct dose
- ✓ Directions for use

### **Know what the medication is for and what the side effects are.**

The pharmacy has provided you with information on your IV medication.

- ◆ Keep this information sheet in your brown start of care folder for future needs.
- ◆ Make sure to let your health care providers know you are on 5FU.

**Notify your physician and Arizona Home Care immediately if you are having side effects from your medication.**

## FLUOROURACIL (5FU)

5FU is a chemotherapy drug that is used with specific types of cancer including colon, rectal, intestinal and some other forms of cancer.

- ◆ 5FU can be given as an injection or given as an infusion over several days.
  - Your doctor will give specific orders for your 5fu for each cycle.

Notify your physician and Arizona Home Care immediately if you are having side effects from the medication.

- ◆ Side effects of 5FU include:
  - Mouth or throat sores
  - Rash/Darkening of the skin
  - Diarrhea/Vomiting
  - Blood in stools or unusual bleeding/bruising
  - Tingling in the hands or feet
  - Water eyes/sensitivity to light
  - Extreme fatigue (can no longer care for yourself)
  - Drop in blood counts

Drink 8-10 glasses of water a day to stay hydrated.

- ◆ This help your body flush out the medication from your system.

Eat smaller, more frequent meals if you are feeling nauseous.

- ◆ If you have vomiting, contact your doctor. Request medications for the nausea if needed.
- ◆ Wait a couple of hours before eating after vomiting.

Check the pump to make sure it is running several times a day.

- ◆ Notify Arizona Home Care if there are any concerns with the pump.

Use the following precautions:

- ◆ Notify your doctor if you are pregnant or nursing before starting any chemotherapy.
- ◆ Notify your doctor if you are allergic to 5FU.
- ◆ Ask your doctor before getting any immunizations.
- ◆ Where sunscreen when you are outside. 5FU causes increased sensitivity to sunlight.

# Keeping Your Home Safe with Chemotherapy

Some types of chemotherapy can be harmful if it comes in direct contact with your skin. Fluoracil (5FU) is a skin irritant.

## Avoid direct contact with skin:



- ◆ Use disposable gloves whenever handling chemotherapy.
- ◆ Use an apron to protect your clothes when handling.
- ◆ Always dispose of IV tubing, dressings, and other disposable medical equipment that comes in contact with chemotherapy in the special yellow container that was provided.
- ◆ Notify Arizona Home Care when your yellow chemotherapy waste container is  $\frac{3}{4}$  full.
- ◆ Use the procedure listed to clean up any chemotherapy spills.

## Everyday precautions:

- ◆ If you are taking chemotherapy and have body fluids such as vomit or urine that spill, wear gloves when cleaning.
  - Place the contaminated cleaning objects in the yellow chemo waste container.
- ◆ Treat clothing and bedding as if it is contaminated with the chemotherapy.
  - Place them in a separate plastic bag.
  - Wash separately than other laundry.
  - Throw away the plastic bag.



## If the chemotherapy medication gets on your skin or in your eyes:

- ◆ Wash the affected skin area well with soap and water as soon as possible for 5-15 minutes.
- ◆ If eyes are contaminated by chemotherapy or body wastes, flush the eyes with water for 15 minutes and **get medical attention right away.**

# How to Clean a Chemotherapy Medication Spill

## Clean-up procedure

1. Gather supplies for clean-up, provided by Arizona Home Care
  - ◆ Gloves
  - ◆ Goggles
  - ◆ Gown
  - ◆ Plastic-backed absorbent sheets
  - ◆ Yellow waste container
  - ◆ Soap/water and/or household cleaner
2. Put on 2 pairs of gloves, a gown and goggles.
3. Soak up the spill with the plastic-backed absorbent sheet.
4. Clean the spill area **well** with soap and water, or a household cleaner such as window cleaner, bleach, or liquid carpet cleaner.
  - ◆ Rinse with clean water.
5. Repeat 3 times.
6. Place the absorbent sheet and all used supplies in the chemotherapy yellow waste container.
7. Call Arizona Home Care at 602-252-5000 to notify them of the spill and for assistance.



## THE PUMP

The 5fu is given through either an electronic pump or an infuser ball.

- ◆ Which method is used is based on your physician's orders.
- ◆ Some insurance companies including Medicare require a pump for payment.

Check the pump through the day to make sure it shows **RUN** on the screen.

- ◆ Call Arizona Home Care for assistance if the pump does not show **RUN** on the screen.
- ◆ The Pump should only be stopped for a short time while waiting for a nurse to disconnect your pump.
- ◆ Do not get the pump wet. Sponge bathing is recommended while on the pump.

Troubleshooting:

**Alarms:**

- ◆ **LowBat:** The batteries are low and need to be changed.
- ◆ **Res Vol Low:** The amount of medication in the cassette is low.
- ◆ **No Disposable Clamp Tubing:** Stop the pump and clamp the IV. Call Arizona Home Care immediately for assistance.
- ◆ **HIP (High Pressure):**
  - Stop the pump and check for kinks or clamps in the tubing.
  - Unkink or unclamp.
  - Press and hold **STOP/START** button until the three dashes disappear.
  - Call Arizona Home Care if the alarm does not stop.

**To Start the CADD pump:**

- Press and hold the **STOP/START** button until 3 sets of dashes [--- --- ---] disappear on the screen
- Release the **STOP/START** button. The word **RUN** will appear on the screen.

**To Stop the CADD pump:**

- Press and hold the **STOP/START** button until 3 sets of dashes [--- --- ---] appear on the screen
- Release the **STOP/START** button. The word **STOPPED** will appear on the screen.

**To Turn off the CADD pump:**

- Press and hold the **ON/OFF** button until 3 sets of dots [••• ••• •••] appear on the screen; release the **ON/OFF** button.
- The words **TURNING OFF** will appear on the screen. T

# GENERAL INFORMATION ON CARING FOR YOUR CENTRAL LINE

## What is a Central Line?

A central line is an IV catheter that is placed in a vein by your doctor or nurse to give your IV medications or fluids.

- ◆ A central line can be a PICC, a CVC or an Implanted Port.
- ◆ The end of the central line is in the largest vein by your heart.
- ◆ The central line is used to give intravenous (IV) medications/fluids over a longer period of time to avoid multiple needle sticks and injury to the veins.
- ◆ Ask your nurse for more information on your particular type of central line.

## Infection Control

“Aseptic” technique is used when caring for your line and giving your IV medications.

Keep your hands and surroundings clean to prevent infection.

- ◆ Always wash your hands with antibacterial soap for 30-60 seconds before caring for your central line or giving IV medications.
  - Wash again if you are interrupted doing the care.
- ◆ Dry your hands with paper towels or a clean towel.
- ◆ Prepare a clean area when caring for your IV or giving IV meds.
- ◆ Never touch the end of the syringe, IV tubing or IV bag openings with your hands or unsterile objects
- ◆ Use red caps to protect the end of IV tubing between uses.
- ◆ Keep your IV supplies away from pets and small children.

## Safety and Organization

Keeping organized is very important when doing infusions in the home.

- ◆ Organize your supplies for your infusion. Notify the pharmacy if you need extra supplies or need a replacement for an IV medication that you needed to discard.
- ◆ Use the yellow chemotherapy box that was provided for you for your used chemotherapy tubing, needles and syringes.
  - Keep this away from children and pets.
  - Give to your nurse or notify the pharmacy when it is  $\frac{3}{4}$  full.
- Put used supplies in a separate trash bag and double bag it when throwing it away.

## Always protect your central line

- ◆ Keep your central line dressing clean and dry at all times.
  - Moisture or sweat under the dressing is a breeding grounds for germs that can cause an infection in your central line and blood.
- ◆ When showering cover the exposed central line with a plastic bag sealed with tape or purchase a DRYPRO PICC PROTECTOR.
- ◆ Do not swim with your central line.
  - You can swim with an implanted port if it is not accessed.
- ◆ Keep a clean netting cover provided by Arizona Home Care over your PICC dressing.
- ◆ Be aware of getting the tubing tangled in clothes, bedding and blankets.
- ◆ Do not lift anything heavy with your PICC arm to avoid it accidentally coming out of place.



# ABOUT YOUR PICC/CVC/IMPLANTED PORT CENTRAL LINE

## How often will my central line dressing need changed?

The dressing must remain clean and dry to avoid infection or coming out of place.

The dressing will need to be changed by your Home Care Agency:

- ◆ Every 7 days if you have a clear dressing on the central line.
- ◆ Every 2 days if you have a gauze dressing or gauze/clear dressing.
- ◆ If the dressing becomes wet, sweaty, soiled, or starts to come off.
- ◆ If you have an implanted port, the needle will need to be changed with each dressing change. Talk with your nurse to discuss the plan for the needle change.

## What is on the end of my central line?

The end of the PICC/CVC/Implanted Port is protected by a special cap.

- ◆ The cap must stay on the PICC/CVC/Implanted Port at all times to prevent infection.
- ◆ Always scrub the cap for 10-15 seconds with an alcohol wipe before connecting a syringe or tubing.
- ◆ Use a new alcohol wipe each time your scrub.
- ◆ If the cap comes off accidentally when removing the syringe or tubing, twist on a new clean cap and call Arizona Home Care to have the nurse assist.
  - Do not put the contaminated cap back on the central line.

## Do I need heparin when I am flushing my central line?

- ◆ Some central lines require heparin to keep the line from clotting. Other do not require heparin and are flushed with normal saline only.
- ◆ Follow the flushing directions given by your home care nurse.

## Can I do my central line care or give my medications/fluids anywhere?

Your central line care and infusion should be done in a clean, safe place.

- ◆ Always clean your work surface with alcohol or antibacterial wipes or lay clean paper towels.
- ◆ Do not eat or drink while preparing your supplies and doing your care or medication/fluid administration.
- ◆ Do not smoke while preparing your supplies and doing your care or medication/fluid administration.
- ◆ Keep pets and small children away from your work area to avoid possible contamination.
- ◆ Some insurances require that you are homebound to pay for nursing care and infusion supplies in the home.
  - Notify your nurse if you are planning to do your care outside your home.
  - If going back to work, your nurse may be able to make arrangements to assist you at your workplace with your employers approval.

# DISCONNECTING YOUR INFUSION

Only perform these steps if you have been instructed by your Home Care Nurse.  
Many physicians require that an RN disconnect the chemotherapy from the central line.

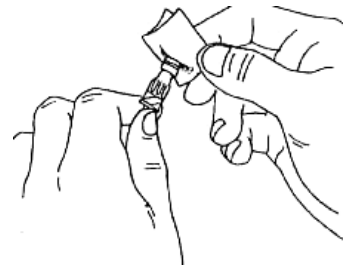
1. Prepare your work area by laying down clean paper towels or clean the surface with alcohol or antibacterial wipes.
2. Assemble Supplies:
  - ◆ Gloves
  - ◆ 2- 10ml Normal Saline in a syringe
    - 1- 5ml Heparin Saline in a syringe (used with some IVs)
  - ◆ Alcohol wipes (4 or more)
  - ◆ Sterile red

1. Wash your hands for 30-60 seconds with antibacterial soap.
  - ◆ Dry with paper towels or a clean unused towel.
  - ◆ Put on clean gloves.

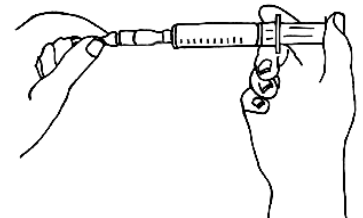


2. When the 5FU infusion is complete, disconnect the tubing from the blue cap on the IV and place the red cap on the end of the tubing.

3. Scrub the cap on the end of the central line with the alcohol swab for 10-15 seconds.



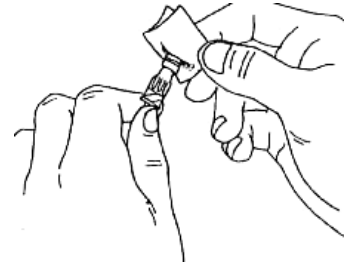
4. Remove air bubbles from the 10 ml Normal Saline syringe then connect it to the IV blue cap.
  - ◆ Push 10 ml Normal Saline into the IV using a push-pause motion.
  - ◆ Leave 1 ml of Normal Saline in the syringe.
  - ◆ Disconnect the syringe from the blue cap on IV.



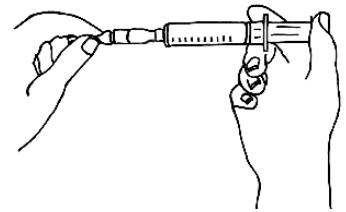
5. Disconnect the syringe from the blue cap on the IV being careful not to remove the blue cap.



6. Scrub the blue cap on the IV again with a new alcohol swab for 10-15 seconds.



7. Remove air bubbles from the 5 ml Heparin syringe then connect it to the blue cap on the IV.
  - ◆ Push 5 ml Heparin in using a push-pause motion.
  - ◆ Leave ½ ml Heparin in the syringe.
  - ◆ Disconnect the syringe from the blue cap on the IV.



8. Dispose of the tubing and syringes in the yellow chemotherapy waste container.
9. Remove your gloves, placing them in the yellow chemotherapy waste container.
10. Wash your hands with soap and water for 30-60 seconds.

**Call Arizona Home Care to assist you at 602-252-5000 .**

## WHEN TO CALL

**STOP the infusion and CALL Arizona Home Care immediately if you have:**

1. Problems with the central line:
  - ◆ The PICC, CVC or Port needle completely or partially comes out.
  - ◆ There is pain around the central line insertion site, arm or chest.
  - ◆ A red streak is visible from the insertion site along the vein
  - ◆ The central line dressing/ site has blood, drainage or is wet.
  - ◆ Skin around the central site becomes
    - Sore to touch
    - Swollen
    - Hard
    - Red or has a change in color



**CALL Arizona Home Care immediately:**

2. If you have signs of infection including: fever, chills or sweats.
3. If you have side effects from your medication:
  - Mouth or throat sores
  - Rash/Darkening of the skin
  - Diarrhea/Vomiting/ Blood in stools
  - Tingling in the hands or feet
  - Water eyes/sensitivity to light
  - Extreme fatigue (can no longer care for yourself)
  - Other \_\_\_\_\_
4. If you have pump alarms or equipment issues.
5. If you had a chemotherapy spill.

**CALL Arizona Home Care:**

1. If you need additional supplies for your home chemotherapy infusion.
2. With questions on how to care for your home chemotherapy infusion.

**CALL Your Doctor**

1. To schedule your follow-up appointments.
2. With questions related to your lab results.
3. With questions related to your procedures or tests.

**Call 911**

1. If you have difficulty breathing.
2. If you have chest pain with your infusion.
3. If your PICC line or CVC line breaks off.

