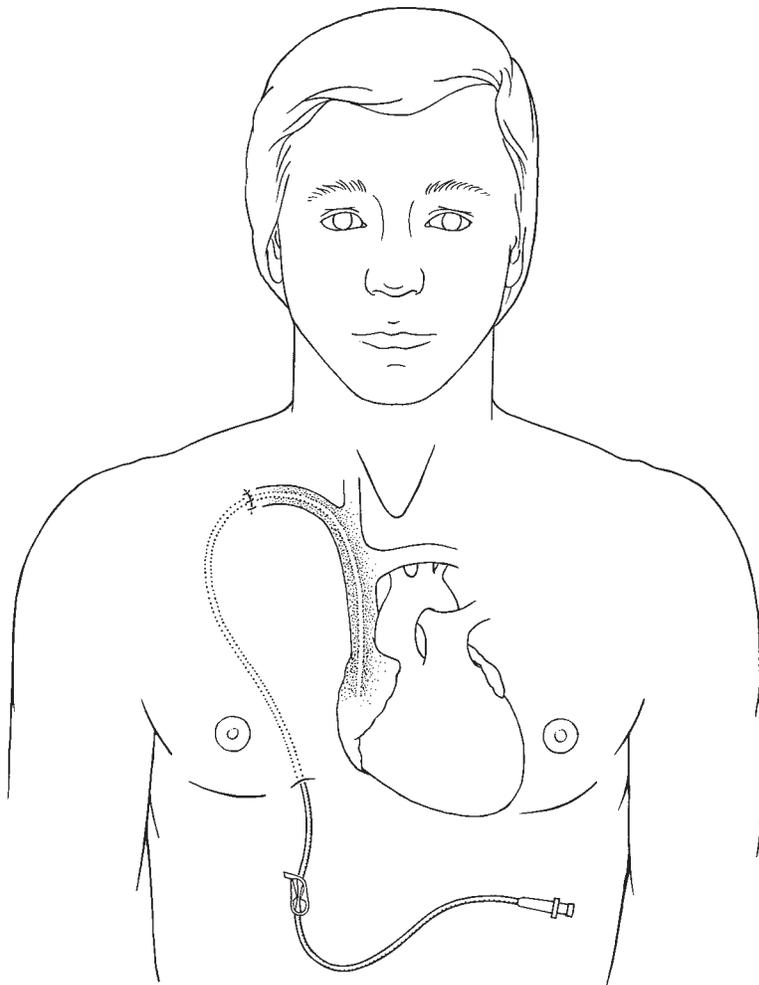




Hickman Catheter Home Care



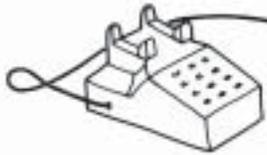
Hickman Catheter Home Care

The Hickman Catheter is an important part of your treatment. You have been given instructions as to how to care for your catheter and have demonstrated to staff your skill in caring for yourself.

Even with good care, problems may arise. Our staff has prepared this as a guide for you and your family to use at home. You can help by following this.

We're as close as the phone.

Call the doctor or nurse if there is a problem. If you cannot reach the person you are calling, leave your phone number and ask that your call be returned.



Portland: 503-220-3493, or in house ext. 53494

Vancouver: 360-696-4061, ext. 53494

Cascade Call Center: Toll free 1-888-233-8305
(in house ext. 38888), ask for Option 2.

If you have a medical emergency, please
call 911.



Patient Responsibilities

■ Daily Checklist

- ✓ Wash hands well before you touch dressing site
- ✓ Change dressing every 7 days or more often, as directed by your provider
- ✓ Change dressing if it becomes loose or moist (wet)
- ✓ Call your doctor or nurse if you have:
 - Infection
 - Redness
 - If site continues to be sore or have drainage
 - Swelling
 - Emergency develops (see below)

In caring for yourself and your catheter, please know the following:

- ✓ **Clotting.** Clotting results from poor irrigation, so follow the procedure at least twice daily. You will know the catheter is clotted if you meet great resistance while irrigating. ***Do not force!*** If clotting occurs, call your doctor immediately.
- ✓ **Severing.** (Breaking of the catheter). Severing may happen if:
 - Improper clamping or too much tension on the catheter
 - Scissors are used in or around the dressing

If the catheter breaks, it should be clamped immediately. If the break is under the skin, ***apply pressure to prevent bleeding and call Cascade Call Center or go directly to the Emergency Care Unit.***

- ✓ **Infection.** Proper care will reduce the possibilities of infection. Inspect skin around exit site daily for redness, swelling, drainage or **tenderness**. If unsure about the signs, ***Call Your Doctor.***

■ Catheter Irrigation

Irrigation of the catheter prevents a back flow of blood into the catheter where it would clot and block the passageway. This should be done at least twice daily.

Supplies needed

- 5-10ml (also called cc) syringe
- Interlink Cannula
- Interlink Vial Adapter
- Alcohol wipes
- Heparinized saline (10 units/ml)

Follow these steps to irrigate your catheter

1. Wash your hands well.
2. Connect cannule to syringe.
3. Cleanse the vial stopper with the alcohol wipe.
4. Draw up 5ml of air into the syringe.
5. Inject the 5ml of air into the vial, then withdraw 5ml of heparinized saline into the syringe.
6. Unclamp catheter.
7. Cleanse the heparin lock on the catheter with an alcohol swab. Carefully insert the cannula into the center of the luer lock cap. Slowly inject the heparin solution into the catheter and reclamp the catheter once during the last ml of the injection. This action will prevent a back flow of blood into the catheter and reduce the possibility of blood clotting in the line.
8. Withdraw the cannule and throw the cannule and syringe away.

■ Heparin Lock Replacement

Supplies needed

Interlink Injection site (CAP)

The heparin lock may also be called the male luer lock injection adapter, or the Hickman plug. The heparin lock should be changed once a week or sooner if it looks worn or if it is leaking.

Follow These Steps to Change the Heparin Lock

1. Wash your hands well.
2. Keep the catheter clamped.
3. Remove the tape from the connection.
4. Without touching any sterile parts, remove the old cap (unscrew) and replace it with a new one. Sterile parts include end of tubing and inside of caps.

Self Care

■ Dressing Change

Proper care of the catheter and the skin around it will help prevent infection. The dressing change should be done every five days. **In addition the dressing must be changed every time it becomes loose or moist.**

Supplies needed

- Betadine (iodine) wipes
- Alcohol wipes
- Tape
- Transparent dressing

Follow These Steps to Change the Dressing

1. Wash your hands well.
2. Remove the old dressing carefully and look for unusual signs of redness, swelling, tenderness or drainage. Do not touch the catheter or skin around the catheter with your fingers.
3. Clean the skin around the catheter exit site with Betadine wipes.
4. Rinse the exit site with alcohol wipes.
5. Clean the catheter tubing from the exit site at the skin to the end (toward the heparin plug or tubing connection) with alcohol wipes. Be careful not to touch the catheter or skin with your fingers.
6. Allow area to air dry.
7. Cover with a transparent IV site dressing.
8. Loop catheter once and secure to chest with tape.

Important Points to Remember

1. **Do not use scissors to remove an old dressing or tape as you may easily cut the catheter.**
2. **You must tape the heparin plug to the catheter tubing to prevent accidental separation.**
3. **Only smooth bulldog clamps are to be used. Clamps with teeth or prongs can scrape or cut into the catheter. Check with your doctor to see if the need for dressing change continues after the site is healed, usually 3-4 weeks.**



Supplies Needed for Home Hickman Care

You should require the following supplies to care for a double lumen Hickman catheter for **one week**.

1. Hickman flush solution (10 units/ml): 8 - 30ml bottles
2. Interlink vial Adapter: 8
3. Transparent dressing: 2-3
4. Alcohol wipes: 1/2 box
5. Betadine wipes: 1/2 box
6. 1-inch silk tape: 2 rolls
7. Male luer lock injection adapter, Interlink Injection site (CAP):
2 per week + 2 extras
8. 10cc syringes: 28
9. Interlink Cannula: 28
10. Bull dog Clamp: 1

This list should help your physician calculate your supply needs when it's time to write your prescriptions.