

Your Stay in the Blood and Marrow Transplant and Immunotherapy Unit

Welcome to the Blood and Marrow Transplant and Immunotherapy (BMT/IMTX) Unit. We are excited to help you through your transplant process. This handout will let you know what you can expect from us during your stay.

What to Expect During Your Stay

- **Calling for assistance:** Use your nurse call light to contact your nurse. In an emergency, pull the call light cord from the wall or hold down the red nurse button. Emergency cords are at the bedside, shower, and toilet. We try our best to answer calls quickly, but sometimes there may be delays.
- **Preventing falls:** Things such as changes in vitals, labs, or certain medications may put you at risk for falls. We have *precautions* to help prevent falls. These precautions include using bed alarms and gait belts, and having a staff member within arm's reach when you are out of bed (including in the bathroom).
- **Monitoring:** We will check your *vital signs* every 4 hours (during the day and night). Vital signs include body temperature, pulse rate, breathing rate, and blood pressure. Depending on your status, we may need to check more often.
- **Labs:** We draw labs at least once a night around midnight. Depending on your lab work, you may need blood products, more lab draws, or electrolyte infusions overnight.
- **CHG and mouth care:** Patients with central lines and catheters will need to bathe daily with chlorhexidine (CHG) soap to help prevent infection. If you are not able to shower, you can use CHG wipes. We also promote good mouth care with saline rinses.
- **Rounding:** You can expect to see your care team every morning. Nurses will *round* (come to visit you) often and do safety checks during shift change.
- **Food:** You can bring food from home. If the food needs to be refrigerated or heated, it must be checked in at the front desk before you enter your room. Perishable foods can be stored for a maximum of 3 days. After that, they will be thrown away. Once food is brought to your room, it cannot be removed to be reheated or stored. This is to prevent foodborne infection.

- **Intake and Output (I/Os):** During your stay, we will record how much you eat (*intake*). We will also measure your urine (*output*). In some cases, we will also measure your stool output. We will measure your weight each morning.
- **Activity:** If you are able, walk the halls and sit up in your chair often. This will help keep up your strength. Please use non-skid socks (from the hospital) or your own non-skid shoes for all activity out of bed.
- **Chemotherapy timing:** Chemo does not start immediately when you arrive. For safety, your provider, the pharmacy, and 2 nurses must review your chemo plan. The pharmacy will need 3 hours to prepare your chemo.
- **Medications:** Medications are tailored to your needs to help you succeed in your treatment. Oral medications should be taken within 1 hour of receiving them. Please talk to your nurse if you are having trouble meeting this goal.
- **Behavior:** We acknowledge that this is a stressful time, and being in the hospital can be challenging. We also expect that everyone treats each other with respect. We do not tolerate inappropriate language and behavior.
- **Feedback:** After you discharge home, we will mail you a feedback form. We appreciate your feedback and suggestions.

Resources for Patients

- **Palliative Care:** Works with patients in a holistic way to help manage symptoms and set care goals. The palliative care team also ensures medical care and decisions are in line with the patient's wishes and needs to maximize quality of life.
- **Spiritual care services and chaplain:** Available as additional, culturally sensitive support regardless of faith or spiritual tradition. These resources help provide healing, comfort, and peace for patients and families facing losses, changes, or challenges.
- **Social Work and Care Coordination:** Our social workers can help with advance directives, discharge arrangements, community services, and care coordination.
- **Transition nurse:** Helps arrange appointments and home services, bridging care with Fred Hutchinson Cancer Center, and bone marrow transplant- and immunotherapy-specific education. They also collaborate with social workers for housing and transportation needs.

Questions?

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

Provider or clinic
phone number: _____