

Self-Administration of an Elastomeric Infusor via a peripherally inserted central catheter (PICC)

Information for Community Patients

Purpose

To guide you or a family member to safely administer a prescribed intravenous medication from an infusor, in the community.

What you need to know

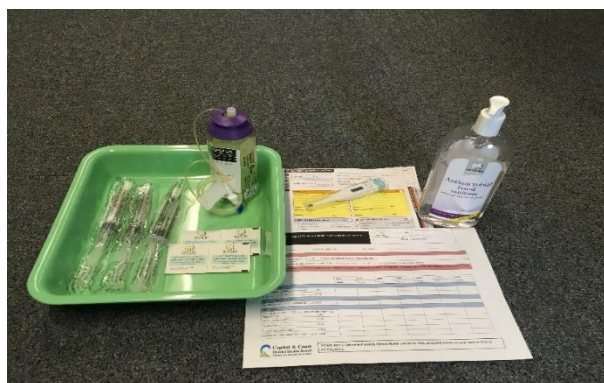
You will be seen weekly by a District Nurse to monitor your care and to redress your PICC line, change the bungs, extension set and take blood tests. This will either be an appointment at your local District nursing clinic or at home.

The District Nurses will supply you with the equipment and medication required to administer your medications at your appointment. You will need to have your own thermometer.

Infusors are delivered to your local District Nurse base from Wellington hospital pharmacy. These will be given to you at your District Nurse visit, unless an alternative arrangement is made.

Getting yourself ready

- Clean your hands using alcohol-gel.
- Make sure you have an area with plenty of space where you are unlikely to be disturbed.
- Clean green tray and put all the equipment out BEFORE you start. This includes the new infusor. **(See equipment list)**
- Take your temperature and record it on daily checklist
- Inspect your PICC line and start to complete your home IV patient daily checklist. If you have any concerns please contact your District Nurse prior to continuing.



Equipment List	Comments/instructions
IV Patient Daily Checklist	To monitor you and your PICC for any potential complications
Thermometer	To take daily temperature
Medication chart	To check the name and dose of your medication. Make sure the label on the infusor is the same as the chart.
Medication infusor	Remove this from your fridge approximately half an hour before you intend to connect it. Please keep your infusor away from extreme temperature or direct sunlight.
Green plastic tray	To give you a clean place to prepare and hold your medicines and equipment. Clean your green plastic tray using warm soapy water or an alcohol wipe.
Alcohol-gel	To clean your hands. Alternatively you can wash your hands with soap and water for 20 seconds, dry your hands thoroughly with a clean hand towel.
3X 10ml pre-filled saline syringes	To flush your PICC before you attach your new infusor
4 X alcohol prep pads (70% Isopropyl alcohol)	To clean your bung before attaching syringes or your infusor tubing. Allow to dry.
Clean tubifast bandage	To secure your PICC dressing (if needed)
Rubbish Bag	To dispose of used items.

[continued]

Administration

1. Wash hands or use alcohol gel
2. Each syringe contains about 1ml of air. This air must be removed before use. The syringe must be in an upright position. Loosen the white cap (keep the cap in place) and push up, removing the air until a liquid bubble appears at the tip of the syringe. Re-tighten white cap on syringe and place in green tray. Repeat for all syringes.
3. Check the name and dose of your medication is correct. Remove the medication infusor from it's sealed package. Unwrap the tape around the tubing of the infusor. Thread the infusor tubing down your arm and inside your clothing. Place bottle in the belt bag keeping it at waist level to maximise the effectiveness of the infusor.
4. Wash hands or use alcohol gel
5. Disconnect the old medication infusor by holding the PICC bung in one hand gently turning the end of the old infusor in an anticlockwise direction.
6. Use an unfolded alcohol prep pad to thoroughly clean the bung on the end of your PICC, taking particular care to scrub the tip of the bung for 20 seconds, or to timing by singng 'happy birthday' as you go. Allow to dry.
7. Attach the tip of the first syringe to the bung by pushing it in, then turning clockwise until it locks in place, do not overtighten, firm is fine. Flush the line with the syringe using a push / pause movement. Stop when there is about 1ml left, remove and discard.

Repeat with second syringe, flush approximately 5 mls of the saline before gently drawing back the plunger of the syringe until you see a flash of blood in the tubing of your PICC line. Continue to flush in approximately another 4 mls leaving 1ml remaining as above. Discard syringe.

Attach the third syringe and repeat as above as with first syringe.
8. Remove the blue cap from your new medication infusor by twisting. Make sure a small bubble of fluid is visable at the end of the infusor. Connect the infusor tubing to the bung,

by pushing it in, then turning clockwise until it locks in place, do not overtighten, firm is fine.

9. Dispose of all the rubbish and wash hands.
10. Document the time and dose of medication on the drug chart and initial SM for self medicating.
11. Look at the medication infusor after a few hours and make sure the balloon is deflating.

Troubleshooting

KEEP CALM

If unable to flush the line	<ul style="list-style-type: none">• check all clamps are open• check there are no kinks in the line• do not use more force than you normally do ro flush the line.
If you are unable to draw back blood	If you cannot get blood draw back, ensure there are no kinks in your PICC, then Flush your PICC with a further 2 x 10 mls of the saline using a pulsatile (push-pause)technique. If still no blood return, please contact your District Nurse
If the infusor is not deflating	<ul style="list-style-type: none">• check all clamps are open• check there are no kinks in the line• Flush your PICC with a further 2 x 10 mls of the saline using a pulsatile (push-pause) technique• if infusor is still not working contact the District Nurse.

Contact the District Nurses:

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