

The South Island Bone Marrow Transplant Unit

Patient Information



Te Pūtahi Mātai Toto o Te
Waipounamu

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The South Island Bone Marrow Transplant Unit (BMTU) is where people from all over the South Island with blood cancers and other blood disorders are treated.

Being admitted to the BMTU can be very overwhelming. This information has been put together for both you and your family/whānau. However, depending on your diagnosis and treatment plan you may require only some or all of this information.

If you would like your own copy of this booklet please let the nursing staff know, or you can print it yourself from the HealthInfo website: www.healthinfo.org.nz

Your Rights

Your rights are guaranteed by law. This is known as the Code of Health and Disability Services Consumer Rights. There is a leaflet outlining your rights and how to make a complaint. There is also an interpreter service available to those who require it. Please let your nurse know if you would like the leaflet outlining your rights or access to the interpreter service.

Ten Tips to Help Make Your Treatment Safer

1. Be actively involved in your healthcare.
2. More ears hear better (a support person with you can help you understand things better). Feel free to write down your questions in advance and take notes.
3. Learn more about your condition or treatments by asking your doctor or nurse and by using other reliable sources of information.
4. Make sure you understand what will happen if you need a procedure or treatment.
5. Make sure you and your doctor agree on what will be done (your treatment plan).
6. Speak up if you have any questions or concerns. Writing your questions down as they come to mind can be helpful. The Cancer Society's "Questions to Ask" booklet can also be useful.
7. Let us know your habits (for example, special diet, supplements, natural health products, allergies).
8. Keep a list of all the medications you are taking.
9. Ask for your results of tests or procedures.
10. Before you leave hospital, ask your doctor and other health professionals how treatment is to continue when at home.

Patient Privacy

Information about what is happening to you is confidential. If you would like the staff to talk to family members/friends about what is happening with your care please let us know. We cannot guarantee privacy in the shared treatment areas so please alert staff if you wish to talk to a staff member in private. If you do not want your name displayed in a visible location, such as the ward patient board, please let us know.

Patient Identification

During your stay you will be asked many times your name, date of birth and your address. Your identification bracelet will also be checked. This is to ensure that the right person is receiving the right medication, treatment or procedure. Please wear your identification bracelet at all times.

Hand Hygiene

Patients, family/whānau and visitors play an important role in helping prevent infections by practising hand hygiene. Please use the alcohol based hand rub provided at the end of your bed. You may wish to thank your caregivers when they clean their hands and don't be afraid to give a gentle reminder if needed.

Special Needs or Limitations

Please tell your nurse if you have any special needs or limitations we need to be aware of. If you have limited eye sight, are hard of hearing or unsteady on your feet, with your agreement we will display a sign by your bed to remind staff to offer you the appropriate help and support.

Falls Prevention

We want to reduce the number of falls that can happen while patients are in hospital. We can achieve this with your help.

- Please let staff know if you have had slips, trips, stumbles or falls before
- Familiarise yourself with the ward environment
- Wear practical footwear
- Ensure you use your walking, hearing and visual aids
- Ask for assistance if you need it.

Enduring Power of Attorney

An Enduring Power of Attorney (EPOA) is where a person over the age of 18 years appoints someone else to make decisions on their behalf should they become unable to. If you have an EPOA it is important you let us know in case the need arose and your medical team may need to liaise closely with your EPOA (and other people important to you). Staff will take a copy, place it in your clinical record and electronically note that you have an EPOA in place.

Advanced Directive or Advance Care Plans

Advance care planning is a way to help you talk about and share your thoughts and wishes about your future health care. Everyone is entitled to complete an Advance Care Directive or Plan if they wish. If you already have one, it is important you share it with us. If you want to learn more about this process, please discuss this with a member of your healthcare team or visit www.healthinfo.org.nz

Consumer Feedback

We are committed to providing quality healthcare and positive patient experiences. What you think about the care you receive is important to us; what we are doing well and where we can improve. If you or your family/whānau have any questions or concerns please ask staff for assistance. Concerns can normally be sorted by talking to the nurse in charge.

Patients, family/whānau and visitors can send us suggestions, compliments or complaints using a feedback form (located beside the blue Customer Response box at the entrance to BMTU).

You may be invited to participate in a National Patient Experience Survey via a link in a text message or an email. Please let us know your email address.

Valuables, Mail and Packages

You are encouraged to leave valuables/taonga at home. If you are expecting any mail while in hospital, please have your mail sent to a family member or friend. This is because we cannot always guarantee your mail and packages would be redirected free of charge. It also prevents any confusion for patients with similar names.

Smoke Free

Smoking is a risk to your health and to the health of those around you. The CDHB has a smoke free policy and smoking is not permitted in any building or on the hospital grounds. This applies to patients, staff and visitors. All patients will be asked if they smoke. Smoking cessation support is available.

Car Parking

Car parking in and around Christchurch Hospital is limited. Allow time to find a park, especially if you want your visitor to be with you for a particular appointment or procedure. For information on parking options, please refer to the CDHB website: Canterbury District Health Board - Hospital car parking.

There is concession parking available for eligible patients. This is issued for one month at a time and you have to meet particular conditions to be eligible. If you would like more information, please talk to your nurse or the ward receptionist.

Food Services

The Great Escape

This cafeteria is located on the 2nd floor of the food services building. Normal cafeteria fare is served, with hot meal options being available at lunchtime and in the evening.

Coffee Shop

The coffee shop is located in the main concourse on the ground floor.

About the BMTU

The BMTU has 15 beds. There are 9 single rooms with ensuites, one 2 bedded room and one 4 bedded room.

Single rooms are mainly used for people who have low immunity and are susceptible to infection. Each single room has amenities to make your stay more comfortable. Free public Wi-Fi is available. To access this Wi-Fi, select DHB Public Wi-Fi from the list of options.

At the entrance to the unit there is a family room with a television, fridge and cooking facilities for people to use.

Patient information leaflets and booklets, that you and your family members can help themselves to, can be found at the front of the BMTU. Understanding more about your condition (as and when you feel able) can help you know what to do to keep as well as possible.

BMTU Phones

- Calling from outside BMTU - ph 364 0660
- Calling from inside BMTU - dial 1 from the room phone to get an outside line (toll calls cannot be made from these phones)
- There is a direct dial phone number for each room. You are welcome to give this number to family and friends.
- Mobile phones can be used within the BMTU.

Visitors

Visitors are not to enter the BMTU if they have a cough, cold, flu symptoms or vomiting and diarrhoea. This is because you may have low immunity and be susceptible to infection. All visitors must wash their hands in the entrance foyer of the BMTU and again before they enter the patient's room. Use either the hand wash basin with soap and water or the alcohol based hand rub.

Fresh flowers are not permitted in the BMTU as they pose an infection risk once they are put in water.

There may be times that you don't feel like visitors. Let your nurse know and they will help you manage this. Please inform the Nurse in Charge if any visitors are staying overnight.

Toilets for visitors are available along the corridor on the lower ground floor.

The Medical and Nursing Team

You will be under the care of the haematology consultant that you see when you are admitted for the very first time. This is the person you will see in the outpatient clinics and they have the overall responsibility for your care. During your hospital stay you will also see the consultant, registrar and house officer that is covering the ward. If you are re-admitted to the unit, any changes in your care will be discussed with your consultant.

About the BMTU

You will be reviewed by the medical team or a senior registered nurse on a daily basis. The nursing team includes a Charge Nurse Manager, Clinical Nurse Specialists, Nurse Educators, Registered Nurses, Hospital Aides and student nurses.

The nurses work in eight hour shifts

- AM shift: 6.45am – 3.15pm
- PM shift: 2.30pm – 11pm
- Night shift: 10.30pm – 7am

Other important team members include the multidisciplinary team, food service personnel, ward receptionist and orderlies.

BMTU values open and honest feedback and we strive to develop a culture of excellence. If you have any concerns or questions about your care please discuss these with your doctor or nurse.

Meal Times

Breakfast	8am
Lunch	12.15pm
Dinner	5.15pm

Hot drinks are served after meals and a jug of fresh water is delivered daily.

Observations

Your temperature, heart rate, breathing rate, blood pressure and oxygen saturations will be taken regularly during the day and often overnight. A high temperature may indicate an infection therefore antibiotic treatment will be started. You may also be weighed daily.

During treatment, you need to drink 2-3 litres of fluid per day. This will be monitored and intravenous (IV) fluids given if needed. Some treatments also require your urine to be measured. This will be discussed with you if necessary.

You may require regular blood tests. These are taken early in the day to assess how your body is managing treatment.

Personal Routines

If you are in a single room, you are encouraged to structure your day. This will help you to cope with being in isolation. Set up a routine that includes a daily shower, getting dressed and making your bed. You are welcome to bring personal items into your room to make it more homely.

The Press newspaper is delivered to the BMTU Monday to Saturday. This is at your cost.

This section introduces you to some of the procedure that you may have during your time in the BMTU. All procedures will be explained to you before they are done. Please speak to your nurse or doctor about any questions.

Intravenous (IV) Access

To enable the administration of IV medications, fluids, blood products or to take blood tests during long term and intensive treatment, the insertion of a central line will be required. It can stay there for the duration of your treatment.

If you require a central line, this will be discussed with you and you will also receive written information about the procedure, including risks and benefits.

Other Tests and Investigations

You may be required to undergo other tests and investigations such as bone marrow biopsy, lumbar puncture, x-rays, scans, heart tests or a dental check. If you require these tests, they will be discussed with you. If you are going off the BMTU for these tests you may need to wear a mask.

Being Nil by Mouth

Some tests, investigations and procedures require you to be nil by mouth (NBM).

This means you are unable to eat or drink for a period of time before and sometimes after your test, investigation or procedure. Your nurse will let you know when/if this applies to you.

A blood count is a blood test which tells us how well your bone marrow is functioning. It will tell us your haemoglobin, platelets and white blood cell levels. This blood test may be taken regularly throughout your stay.

Red Blood Cells

These cells contain haemoglobin (Hb) which carries oxygen around the body.

When your Hb is low you may experience tiredness, lethargy, shortness of breath, light-headedness, dizziness or look pale. This is also known as anaemia. You need to report any of these symptoms. You may be given a blood transfusion to alleviate these symptoms and increase your Hb level.

Platelets

These cells help the blood to clot and prevent bleeding. You will need a platelet transfusion when your platelet level drops below 10, or you have signs of bleeding, or before some procedures. You will also be given platelets if you have a fever and your platelet count is 20 or below. This is because having a fever uses up more platelets than normal.

Flossing teeth when your platelets are low is not recommended because you can cause bleeding gums. It is also recommended that you use an electric razor to decrease the risk of razor nicks that can occur with a blade.

Signs of bleeding that you need to report are bleeding gums, bleeding nose, larger than expected bruising or unexplained bruising, blood with bowel motions or a pin prick rash on your body.

White Blood Cells

Your bone marrow produces many different types of white cells. One of these type is neutrophils. They are your body's main defence against infection. Under normal circumstances, they rush to the site of an infection and destroy the bacteria causing the infection. When your neutrophil count is low (0.5 or below) you are considered to be neutropenic. When you are neutropenic, you are more susceptible to infection therefore you may be admitted to hospital and nursed in a single room until your neutrophil count recovers. This is called protective isolation. Unlike other bone marrow cells, white blood cells cannot be transfused.

A change in your normal temperature can be one of the first signs of infection. It can be over 38oc or below 36oc. Other signs of infection include shivers or chills, cough, sore throat, sore mouth, diarrhoea, change in urination, sore bottom, unusual vaginal discharge or itching, redness, swelling or sores on the skin. If you experience any of these symptoms or you feel generally unwell you need to let us know.

Blood Product Transfusions

Written consent is required before you have blood product transfusions. You will be given a leaflet that outlines the benefits and risks of this treatment and these will also be discussed with you at the time of consent.

Treatments

Diseases of the blood and bone marrow can result in normal blood cells not developing, maturing and therefore not functioning properly. Treatment for these diseases can include chemotherapy, targeted therapies or radiation. You may require treatment using a combination of these. Your treatment plan will be discussed with you and you will be given written information about your treatment plan and your diagnosis.

Chemotherapy is a combination of toxic drugs that are used to kill or suppress rapidly growing cancer cells. These drugs affect both abnormal cells and healthy cells that also rapidly grow such as hair follicles, skin cells, the lining of the mouth and gut, the reproductive organs and the cells in the bone marrow. These drugs can be given either intravenously as an injection into the skin or orally.

Written consent is needed before you start any treatment. The consent process goes over your diagnosis, treatment options and side effects plus the risks and benefits of treatment. It is your choice to proceed with treatment and you can opt out at any time.

Chemotherapy toxins are mostly removed in body fluids 48 hours after your last dose of treatment. You need to take the following precautions while taking chemotherapy and for at least 48 hours after your last dose of treatment while the chemotherapy toxins are being removed from your body.

- In hospital: flush the toilet twice with the lid down while in hospital.
- At home: one full flush the toilet with the lid down.
- At home: Wash any soiled linen/clothing in a hot wash separately.

Chemotherapy drugs are usually given over several days or weeks. You are encouraged to drink 2-3 litres of fluid per day to help remove these toxins from your body. During this time you will receive care and treatment to manage or minimise any side effects.

You may hear of others that have the same disease as you, just remember that no two people are the same. Your treatment has been specifically planned for you.

Complementary Therapies

Complementary Therapies

Complementary therapies is a term which is used to refer to a wide range of health care practices and products which are used alongside (or complementary to) mainstream conventional treatments. **Alternative treatment** is a term which refers to health care practices and products which are used instead of (or as an alternative to) mainstream conventional medicine.

When making decisions about any of these types of therapies, it is important to be fully informed and to seek the advice of your doctor. Your doctor will have a good idea which of these treatments are safe and possibly helpful and will also know which of these treatments are ineffective or dangerous.

If you are already taking complementary medicines or supplements it is important to tell your medical team. This is because your immune response may be suppressed due to treatment making some complementary medicines unsafe to take such as raw or powdered products or they may interfere with how your treatment works.

Some examples of complementary therapies that may help you deal with the emotional and physical impact of the disease and treatment side effects are; relaxation therapy, yoga, meditation, aroma therapy, music therapy, tai chi and massage therapy.

For further information please discuss with either the nurses or your medical team. You can also visit the Memorial Sloan Kettering Cancer Centre Website <https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine>

Treatment affects people in different ways. Listed below are the most common side effects. Specific side effects of the drugs you will be receiving will be discussed with you prior to treatment being started and you will receive written information about each drug.

Mouth Care

Healthy cells can generally repair the damage caused by the chemotherapy, but cancer cells cannot and so they eventually die. Both healthy cells and cancer cells are affected by chemotherapy drugs. When the healthy cells in the lining of the mouth are affected by treatment, this can lead to a number of symptoms which are listed below. Regular mouth care will help to minimise any side effects.

Inspect your mouth daily for signs of redness, swelling, sores, white patches, bleeding, pain or feelings of a dry mouth. REPORT any changes in your mouth to nursing or medical staff.

Teeth Care

- Use a soft tooth brush and mild flavoured fluoride toothpaste.
- Brush your teeth and rinse your mouth after every meal and at bedtime.

Denture Care

- Brush your dentures and rinse your mouth after each meal and at bedtime.
- Remove your dentures at night.
 - If your dentures are plastic, soak them in polident.
 - If your dentures are metal, soak them in a cup of water with one teaspoon of bleach.
- All dentures should be removed from your mouth when topical medication is being used.
- Partial dentures may be left in at night if the opposing teeth traumatise the soft tissue when they are out of the mouth.

Bone Marrow Suppression

Chemotherapy can affect the way the bone marrow functions. This is called bone marrow suppression. You will become neutropenic and be nursed in a single room until your bone marrow recovers. During this time you may need antibiotics and blood and platelet transfusions.

Feeling Sick

Nausea and vomiting are a known side effect of many chemotherapy drugs. However there are many anti-sickness medications that can be given to alleviate this symptom. If you experience nausea and/or vomiting let us know.

Losing Your Hair

Hair loss almost always occurs with intensive treatment. It usually starts 2-4 weeks after commencing treatment. This can be a distressing time and difficult to cope with. We can arrange for you to see a wig specialist to have a wig made for you. There is also the 'Look Good, Feel Better' programme. Ask your nurse about this.

Skin Changes

Some chemotherapy drugs can cause changes to the skin discolouration, rashes and irritations. If you experience any of these please let us know. You can become more sensitive to the sun therefore you need to cover up and wear high factor sun screen when outside.

Relationships and Sexuality

Treatment can affect how you look and feel therefore impacting on your self-esteem and ability to maintain relationships. Keep communication open with the people you love. The Cancer Society website has information about this. Discuss any concerns you have with your nurse or doctor. It is better to talk about any issues sooner rather than later.

Fatigue

Fatigue is a common effect of treatment. People experience it in varying degrees and at various times during treatment. This can be coupled with the inability to concentrate for long periods of time which is known as 'chemo brain'. The Cancer Society has written information about both these effects. If you are experiencing these symptoms please discuss them with your nurse or doctor.

Chemo Brain

'Chemo brain' is the inability to concentrate for long periods of time or having difficulty remembering. People experience chemo brain in varying degrees and at various times during treatment. If you have any of these symptoms please discuss them with your nurse or doctor.

Other non-specific side effects / symptoms that you may experience include:

- Feeling unwell and/or cold and shivery or feeling hot
- Pain
- Bleeding
- Shortness of breath or breathing changes
- Light-headedness/dizziness on standing
- Difficulty or pain on passing urine
- Difficulty eating or drinking/loss of appetite

Side Effects

- Constipation or loose watery bowel motions
- Change in sensation e.g. tingling/numbness in fingers or toes
- Not sleeping well at night or night sweats
- Anxiety and/or difficulty coping
- Taste changes
- Mouth ulcers

If you are being intensively treated you will need to follow a 'Low Immunity Diet'. This diet is recommended because your treatment will lower your immunity and you will be susceptible to food borne infections. The dietitian will go over the safe food guidelines and the low immunity diet with you. You will be given a copy of these guidelines for you and your family to refer to.

Dietitian

Nutrition is important to maintain a healthy body weight, provide vitamins, minerals and nutrients for healing and to ensure good energy levels. The dietitian can assist with maintaining and improving good nutrition during your treatment.

The dietitian will provide you with information about:

- Safe food guidelines when your immunity is low
- How to choose from the menu and extra food and drink options available
- Snacks and beverages that can be brought in by your family and friends

The dietitian will also see you if you are at nutritional risk because of your disease or experiencing side effects from your treatment.

Food/Fluid Options Available in the BMTU

The food provided from the hospital kitchen will meet the requirements for the low immunity diet. A member of the catering team will visit daily to help you order from the menu. They will help you choose foods if your appetite is low and can offer some extra snack options;

- Cheese and crackers
- Yoghurt
- Dairy food
- Cake
- Plain biscuits
- Potato crisps
- Vegemite sandwich
- Fruit (Banana, Kiwifruit, Orange, Apple)
- Flavoured milk (Banana, Strawberry, Chocolate)
- Lemonade
- Ginger ale
- Juice

The following items are available on the BMTU at any time. They can be requested as snacks or ordered in place of usual meals or to supplement meals when your appetite is low

- Milkshakes
- Cordial drinks

Low Immunity Diet

- Ice-cream tubs
- Lemonade ice-blocks
- High protein/energy drinks e.g. Fortisip, Ensure Plus
- Single servings of canned baked beans or spaghetti

Food Items that friends/family can bring in

Sometimes you may feel like foods not available on the hospital menu. This may help with eating and drinking when your appetite is low. Any food brought into the hospital must meet the low immunity diet guidelines. Please check with the nurse or dietitian if you are unsure about any foods.

Examples of suitable foods include;

- Boxed juices or drinks
- Canned drinks or food
- Soft drinks and packet drinks
- Packet or canned soup
- Individually wrapped ice-creams
- Roasted nuts in sealed packages (no raw nuts)

It is important to check the USE BY/EXPIRY date of items and choose the items with the longest use by/expiry date.

No raw meat or chicken is to be brought into the hospital. Dried fruit is allowed in baking but not eaten raw. Please check with the nurse or dietitian to check if specific foods are suitable to bring in.

Microwave Ovens

If you are in a single room there is a microwave oven available for your use. Family and friends can bring in pre-prepared food that can be safely re-heated in the microwave oven such as homemade soups. Pre-prepared foods must be freshly cooked and suitable to be stirred during cooking. This is to ensure even heating until piping hot. Foods that cannot be stirred such as pies, quiches, lasagne or plated meals must be heated until piping hot in the oven in the family room.

Multidisciplinary Team

Multidisciplinary Team

In addition to your doctors and nurses, the BMTU has a multidisciplinary team of professionals who will be involved in your care. Their focus is to work in a coordinated and collaborative way to support your treatment and optimise your health and wellbeing. This may involve assisting you to keep active and engaged, enhancing your independence, support to address practical concerns, promoting emotional strength during a difficult time and ensuring your cultural and spiritual needs are being met. You may not meet all of these professionals directly, but they are available if you require their support.

Social Worker

A social worker may talk to you about any financial concerns you may have. They will also be able to assist you with Work and Income benefits, organise medical certificates, travel reimbursements, other supports and if required, arrange accommodation for families out of town.

Pharmacist

The pharmacist will provide information about the medicines you are taking. They will come and see you before you go home and go through all the medication you will need to take while at home. They will give you a medication card with this information written on it.

Clinical Psychologist

If you experience any emotional or mental health concerns during your treatment, it also may be appropriate to meet with the clinical psychologist. This may include anxiety, low mood / depression, distress or anger. These emotional changes may be new or they could be symptoms you have had before that have worsened. This meeting with the clinical psychologist may be a one-off meeting or may involve ongoing follow-up to help you manage any such difficulties. They can provide a safe, confidential, and neutral environment for you to discuss a wide range of issues that may be difficult to talk over with others and assist you to develop practical strategies. Support options for your family can also be discussed.

Physiotherapist

It is important that you maintain some physical activity while you are in hospital. Less physical activity can lead to decreased fitness, muscle weakness, poor posture, reduced balance and mobility. The physiotherapist will be able to provide you with gentle exercises to do while you are in hospital. There are exercycles and hand weights available for patients to use.

Occupational Therapist

The Occupational Therapist focuses on what is important to you in your life and what current barriers due to your illness you have to achieve them, such as your personal cares and daily activities, rest & sleep, leisure and social participation.

Multidisciplinary Team

Good routines of sleep and rest as well as activity engagement will help with your rehabilitation. The Occupational Therapist may assist you to find/carryout activities that will be beneficial to your rehabilitation. The Occupational Therapist can educate you on energy conservation and minimising fatigue as well as helping you to develop coping strategies to manage your admission.

Before discharge the Occupational Therapist may assess you as to how you are managing your daily living tasks and your home environment. They may recommend the use of adaptive equipment or modified techniques to allow you to be as safe and independent as possible within your own home.

Māori Health Service

The Māori Health Team support the well-being of Te Iwi Māori. They provide awahi/support to tūroro/patients and whānau/family while they are using the hospital.

Chaplaincy Service

Chaplains are available for all patients and their family of all denominations. They offer their listening skills, support, encouragement, prayer and blessings. Please let staff know if you wish to see a Chaplain.

Adolescent and Young Adult (AYA) Cancer Service

The AYA service provides co-ordinated, age appropriate care and psycho-social support for adolescents and young adults between 12-24 years of age who have been diagnosed with cancer.

Palliative Care

The palliative care team may be involved in your case for specific symptom management such as pain relief.

Palliative care is also provided to people whose illness is progressing and is no longer responding to active treatment. The focus is on symptom relief and control to improve the quality of life of the patient and their family. An information leaflet is available about this service on request.

Non-Hospital Organisations

There are services/organisations that provide ongoing support for you and your family. These include:

- Leukaemia and Blood Cancer New Zealand (LBC) ph 0800 15 10 15
website: www.leukaemia.org.nz/
- Cancer Society ph 0800 CANCER / 0800 226 237
website: www.cancernz.org.nz/
- Canteen (Supports 13-24 year olds and their siblings) ph 0800 CANTEEN
website: www.canteen.org.nz

Keeping Active

Keeping active is important part of your recovery after cancer treatment.

During treatment, simple things like spending less time in your bed and sitting out in a chair during the day can help maintain strength. Being active has many benefits and can help to:

- Reduce tiredness and some treatment side effects
- Reduce anxiety and depression
- Improve your mood and quality of life
- Strengthen your muscles, joints and bones
- Look after your heart and reduce the risk of other health problems
- Prevent development of chest infections
- Promote normal health digestion

Being active doesn't mean you have to exercise intensely. To start with it can be as simple as going for short walks, and doing your own personal cares on the ward. Continuing your daily routine from home is a great way of keeping up your level of activity. Our ward physiotherapist can tailor an exercise programme to your needs and interests while you are an inpatient. They can also ensure you have ongoing community support to remain active and build strength on discharge.

It is important to maintain as much strength and function as possible during your treatment – this will help your overall recovery and health long-term. It is much easier to maintain, than build strength during treatment. Despite feeling unwell it is important to participate in physical activity during your treatment. Feeling tired is a normal part of treatment and it is important to listen to your body. Your physiotherapist can guide you on how to manage fatigue while continuing to keep active.

During treatment your activity may need to be limited due to your blood counts. Your physiotherapist will advise you if this needs to occur.

Pinc and Steel

PINC and Steel are programmes that have been specifically designed to help women and men, diagnosed with cancer, maintain or regain their physical strength, rebuild self-esteem and improve their confidence and overall well-being. The goal is to support you either during and/or while recovering from cancer surgery or treatments by offering one on one therapeutic programmes by specially trained Physiotherapists. The programmes are tailored to your specific needs and goals and may include a combination of physiotherapy, massage, stretching, relaxation, breathing techniques and Pilates.

Funding may be available through the PINC and STEEL Trust, WINZ and insurance companies for those eligible. For more information head to <http://www.pincandsteel.com/>

Your stay in the BMTU can vary in length, from several days to weeks. If you have been in hospital for a while, going home can be a little overwhelming. If you are having regular treatment then you will be in and out of the BMTU over a period of time, or you may have treatment in the day stay unit at the hospital. If you have any specific concerns please talk them over with the nursing or medical staff.

If needed, referrals can be made to community services such as district nursing, domestic assistance and community palliative care. These services are also available for patients outside the Canterbury region.

Follow up appointments will be made for you. You will need to go to the Haematology Outpatients Department (see map) for blood tests and doctor's appointments.

Before discharge, the team will go through the following with you:

- You may be given a 'Green Immunosuppression Card'. This card contains instructions and contact details if you become unwell at home. The nurse will go over this card with you.
- You may be given a thermometer so you can monitor your temperature at home. The nurse will go over how to use it and when you need to use it.
- You will be given a summary of your admission to hospital. Your General Practitioner will also receive a copy.

The Pharmacist will supply you with a medication card and go over it with you. This will detail the medication that you need to take, why you are taking it and when you need to take it.

Your Prescription

You may be given a prescription at your time of discharge. It is important to get your prescription to the pharmacy as soon as possible to ensure you get your medications that day. Many pharmacies close between 5 - 5.30pm. Christchurch Hospital's Pharmacy Parkside, near the main entrance, closes 6pm Monday – Friday and is open 10am to 4pm Saturday & Sunday.

Please note it is important that if your prescription has been faxed through to the pharmacy ahead of you going there, you must take the original copy of the prescription with you when you collect your medications.

Tips for staying well while at home

- If you are feeling nauseated – take your anti-sickness tablets as prescribed
- Keep hydrated
- If you don't feel like eating bigger meals, have smaller portions more frequently
- Go for a walk if you feel like it
- Have a rest during the day

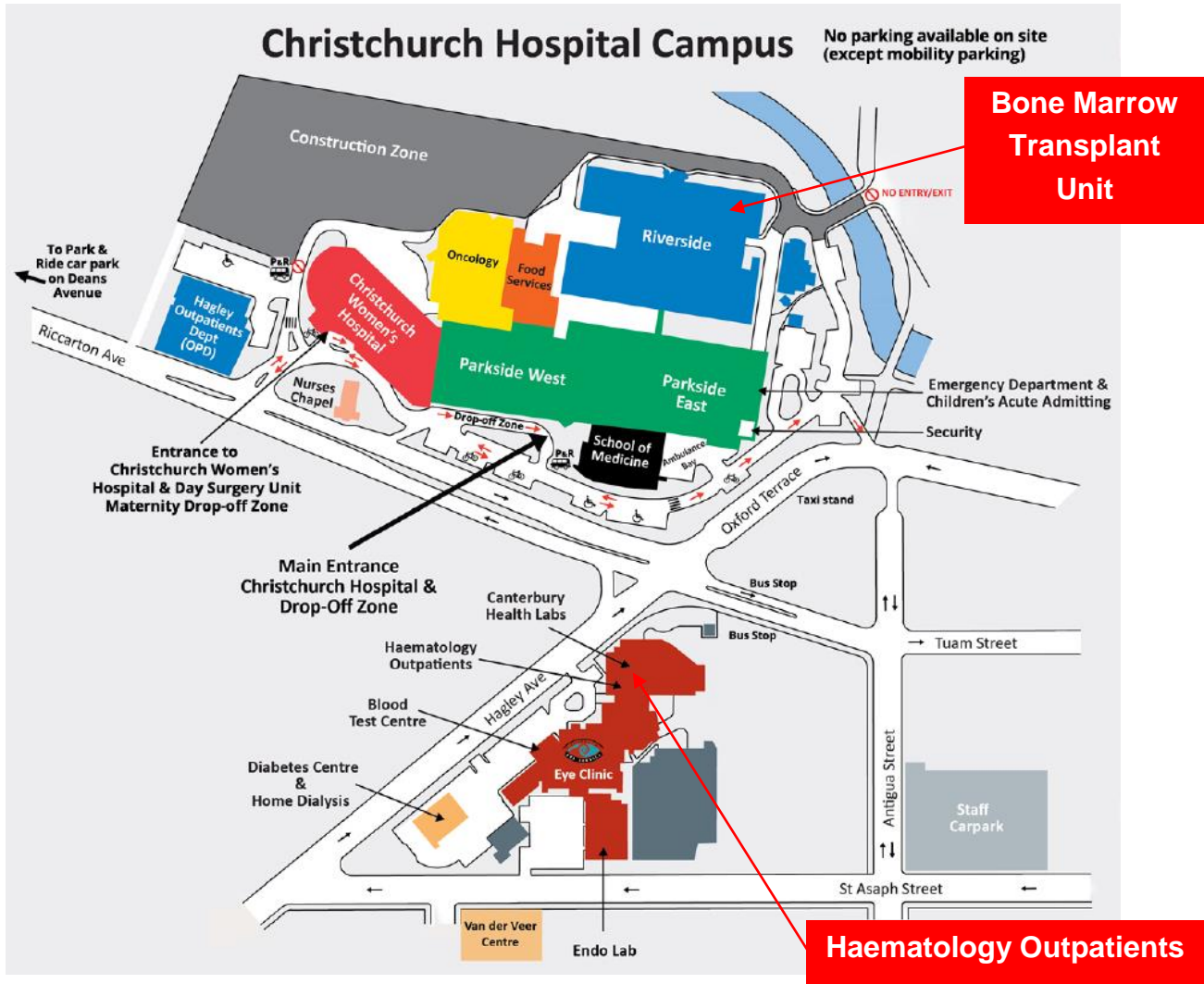
Going Home

- Avoid people with coughs, colds, flu like symptoms or infections
- Take your medication as directed
- Pace yourself throughout the day
- If you are feeling unwell or out of sorts, start monitoring your temperature and call in using the directions on your green immunosuppression card

Going Home

Map of the Hospital

Map of the Hospital



Please allow plenty of time to get to appointments as parking around the hospital is very limited.

Websites

There are many written resources available to you. Leukaemia and Blood Cancer NZ and the Cancer Society have an array of leaflet and booklets that are available to you and your family. These booklets can be ordered or downloaded from their websites.

Listed below are websites that we recommend you use:

CDHB Haematology Department	www.cdhb.govt.nz/haematology
Cancer Society of New Zealand	www.cancernz.org.nz
Hospice New Zealand	www.hospice.org.nz
Advance Care Planning	www.advancecareplanning.org.nz
Health Info	www.healthinfo.org.nz
Bone Marrow Cancer Trust	www.bmct.org.nz
Leukaemia and Blood Cancer NZ	www.leukaemia.org.nz
Pinc and Steel	www.pincandsteel.com
Bone Marrow Transplant Network NSW	www.bmntsw.com.au
Macmillan Cancer Support	www.macmillan.org.uk
CancerNet (NCI)	www.cancer.gov
Leukaemia and Lymphoma Society of America	www.leukemia.org
International Myeloma Foundation	www.myeloma.org
Multiple Myeloma Research Foundation	www.themmr.org
Leukaemia & Lymphoma Research	www.beatbloodcancers.org
MDS Foundation	www.MDS-foundation.org
International Waldenstrom's Macroglobulinemia Foundation	www.iwmf.com
National Marrow Donor Program	www.bethematchclinical.org
UK Lymphoma Association	www.lymphomas.org.uk