

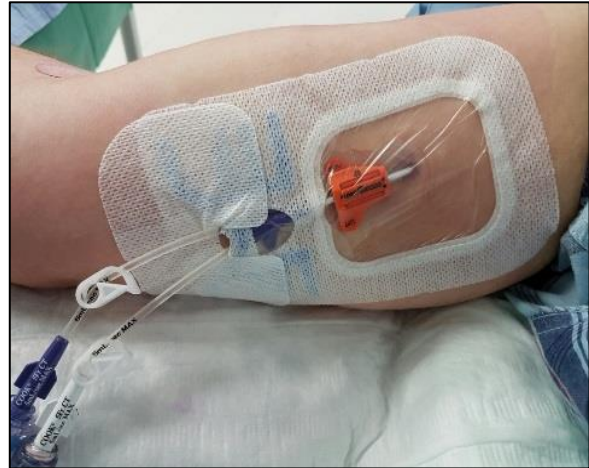
Understanding your Peripherally Inserted Central Catheter (PICC) Adult Patient Information

The Purpose of this Information Sheet

This information sheet has been written by health professionals. We hope it will be useful for you, your family/whanau, friends and carers in providing all the information you will need about the Peripherally Inserted Central Catheter (PICC) you are having inserted for treatment.

It outlines:

- What is a PICC?
- Why do we use a PICC?
- Do I have alternative options to a PICC?
- Are there any risks if I have a PICC?
- How and where is my PICC inserted
- What is a SecurAcath™?
- What should I expect after insertion of my PICC?
- How do I care for my PICC?
- What happens when I go home?
- What are my responsibilities?
- Identifying and resolving PICC problems
- PICC measurements
- Important phone numbers

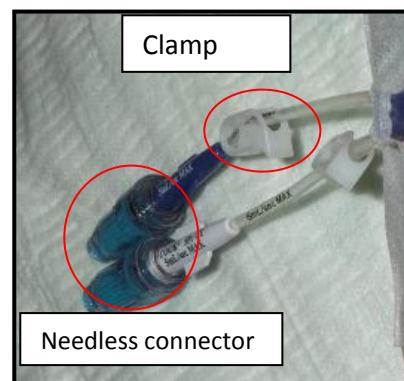
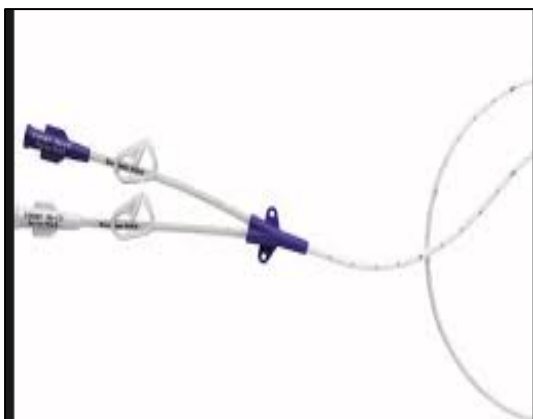


What is a PICC?

A PICC is an intravenous (IV) flexible tube made of polyurethane. It can have one or more lumens (tubes). The end of each lumen has a hub which is coloured. Double lumen PICCs have a PURPLE hub and a WHITE hub. Generally the PURPLE lumen is used to take blood samples and for giving blood products. The WHITE lumen is used for medications and IV fluids. Your doctor and nurse will decide if you need a double or single lumen PICC.

A SecurAcath™ is used to keep your PICC in place so it doesn't move. Sometimes only surgical adhesive is used to keep the PICC in place if you are only needing it for 1- 3 weeks however it only lasts for 1-2 weeks and does not guarantee to keep the PICC from moving.

On the end of each lumen there is a positive displacement device (needleless connector) attached which prevents blood entering the catheter lumen causing it to block. The PICC has a clamp on each lumen to prevent air entering the catheter when your needleless devices are changed. For safety reasons clamps must always be closed when the PICC is not in use.



Why do we use a PICC?

- It allows us to give all your IV medications and to take most of your blood samples.
- It reduces the need to insert needles into your arm veins making treatments more comfortable
- It allows us to give you several drugs at a time without them mixing before they reach your blood stream.

Do I have an alternative option to a PICC?

Yes, you always have a choice. There are a number of alternative central venous catheters which can be used. Please feel free to discuss the choices of these catheter with your PICC team, nurse or doctor.

Are there any risks if I have a PICC?

The risk of having a PICC inserted into your upper arm includes a change in the position and /or migration of the PICC from its position, insertion site infection a blood clot in the vein or blood stream infection. A securement device called a SecurAcath™ is used to ensure your PICC does not move in or out of its position. Addressing these risks is covered later in this information sheet.

All central venous catheters come with risk however it is important that you have the right type of catheter placed for the right reason to ensure your safety. Please feel free to discuss the choices of appropriate catheters with the PICC team or your nurse and doctor

How is my PICC Inserted?

Before having the PICC inserted, you need to drink 1-2 litres of fluids. Alternatively, you may be given IV fluids through a small cannula (plastic tube) which is placed in an arm vein. The reason for this is to increase the fluid in your blood making it easier to place the PICC in your veins.

The PICC is inserted in the Radiology Department by one of the credentialed PICC nurse inserters. This may be done as an outpatient or as an inpatient.

The Radiology nurse will explain the procedure to you in the Radiology Department. You will be asked to sign a Request for Treatment by Operation /Procedure (Consent Form) for the procedure to be done.

You will be asked to lie down on or be transferred to an X-ray table. Your arm is cleaned with an antiseptic solution.

The nurse washes her/his hands and puts on a sterile gown, gloves, cap and mask. Your body will be cover with a large sterile sheet. An ultrasound machine is used to find a suitable vein in your arm for a PICC to be inserted.

Local anaesthetic will be injected to numb the area before the PICC is inserted.

After the PICC is inserted the X-ray machine will be moved over your chest to take an X-ray. This is done to ensure the end or tip of the PICC is in the correct position near your heart.

This is confirmed by a Radiologist.

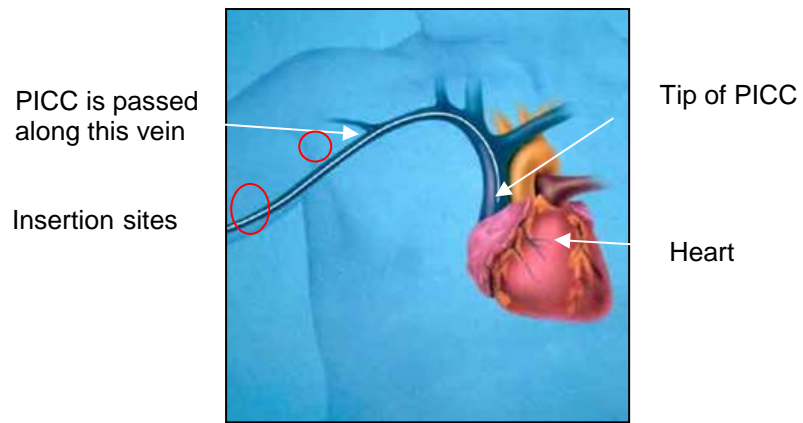
Your arm is then cleaned and a dressing is placed over the insertion site.

There will be a Radiologist available at all times.

This is the room in Radiology where your PICC is inserted.



The PICC may be placed in you mid upper arm or tunnelled into a vein near the axilla (see red circles):



What should I expect after insertion of my PICC?

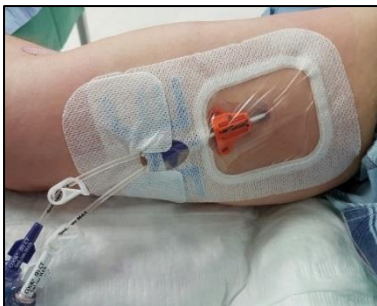
You may have some bruising around the insertion area and mild discomfort once the local anaesthetic has worn off.

Pain relief will help relieve any discomfort.

Surgical adhesive is applied at the insertion site to stop bleeding however sometimes blood may ooze for a short time from the insertion site. The nursing staff will monitor this on a regular basis.

It is important that you rest your arm and keep it warm for an hour following the procedure.

The PICC is dressed with a special dressing and SecurAcath™ to ensure the catheter doesn't move. Sometimes there are situations where a PICC is secured using a less secure method - surgical adhesive. Your PICC may also be tunnelled into a larger vein in axilla.



Secured with SecurAcath



Secured with Surgical adhesive



PICC tunnelled

Your PICC will be assessed 8 hourly for any bleeding or bruising at the insertion site. It will be redressed if necessary in the first 24 hours. The area above the insertion site will be checked for swelling, redness or pain.

Your PICC is redressed weekly or if the dressing becomes loose or damaged. When your PICC is redressed, the insertion site and surrounding area will be inspected by the nurse. The outer portion of the PICC will be measured to ensure it hasn't moved. Your upper arm is then covered with Netlast to protect the PICC from being caught on your clothing.

How do I care for my PICC?

Protecting your PICC from getting an infection is important.



- **Always wash your hands before touching your PICC.**
- Ensure your PICC is always well secured and protected.
- **Do not bath or swim** while you have your PICC in place.
- Keep your PICC dressing and the needleless connectors dry during showering. You can do this by using a plastic bag taped at the top and bottom.
- Do not lift heavy items, including children and pets, with the arm that has the PICC in.
- Avoid pulling on your PICC or doing activities that could dislodge or damage your PICC. This may include sporting activities that require the use of your arms like golf, racquet sports, gardening and chopping wood.
- Never use scissors, pins or needles around your PICC.
- Always keep your appointments for your PICC dressing.
- Please let us know if you are unable to make appointments.



Important:

Excessive use of the arm can cause irritation of the vein wall. If this happens, the area over the upper arm will become red and painful. This is called phlebitis. If this occurs, contact your treatment centre immediately (refer to important phone numbers on the next page).

If you experience any of the symptoms on Page 5, contact your treatment centre immediately.

What happens when I go home?

When you are discharged from hospital, your PICC will be redressed weekly, the needleless connectors changed and the PICC flushed. This may coincide with a visit to the hospital, treatment centre or by district nurses. This is important and is done to help prevent infection and to keep your PICC working properly.

Before you are discharged make sure your nurse has written the PICC measurements on page 5 of this sheet. The outpatient services replacing your dressing each week will need to know the measurements.

What are my responsibilities?

Each day, check your PICC site for any problems such as pain, redness, leaking or tightness and swelling of your upper arm. If you feel unwell or a problem arises and you are concerned, contact your treatment centre immediately.

Report anything you feel is not right with your PICC

Remember – it's a team effort when caring for your PICC.

Identifying problems and resolving problems with my PICC

Problem	Cause	Contact
PICC Site		
Pain or oozing at your PICC site Redness Swelling	Could be infection	Your treatment centre
Feeling unwell		
Temperature, cough Increased heart rate Chills and shaking	Sign of a blood stream infection	GO IMMEDIATELY TO THE EMERGENCY DEPARTMENT OR YOUR COMMUNITY HOSPITAL
Swelling		
Of the upper arm Pain in the neck and shoulder Neck Hand mottled	Sign of blood clot in vein	Your treatment centre
PICC		
Abnormal feeling at insertion site Palpitations Tingling and pain	Catheter may have come out of position	Your treatment centre
Breathing problems		
Shortness of breath Chest pain	<ul style="list-style-type: none"> ▪ May have blood clot in lung ▪ Air may have entered the vein 	GO IMMEDIATELY TO THE EMERGENCY DEPARTMENT OR YOUR COMMUNITY HOSPITAL

IMPORTANT PHONE NUMBERS

For advice or help, contact your treatment centre by calling one of the numbers below:

<i>Your ward/department Nursing Staff must complete this section for you.</i>	
Ward/Department: _____	Contact phone number: _____
Additional Information: _____	

PICC Measurements.

Total Length:

Internal Length:

External Length:

Always keep this information sheet with you and bring it to any emergency appointment

Notes / Questions

A large empty rectangular box with a black border, intended for handwritten notes or questions.