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# HOME CARE GUIDE

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## PERIPHERALLY INSERTED CENTRAL CATHETER (PICC)

Guide to Caring for Your PICC



# GUIDE TO CARING FOR YOUR PICC

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*Your nurse will go over all of these instructions with you. Please talk to your nurse and ask questions if you are not sure how to care for your PICC or don't feel ready in any way.*

## ABOUT MY PICC

The type of PICC I have is: \_\_\_\_\_

The type of flushing solution I have is: \_\_\_\_\_

To flush my PICC, I have:

Prefilled syringes

Solution, syringes and needles



# HOW TO FLUSH YOUR PICC

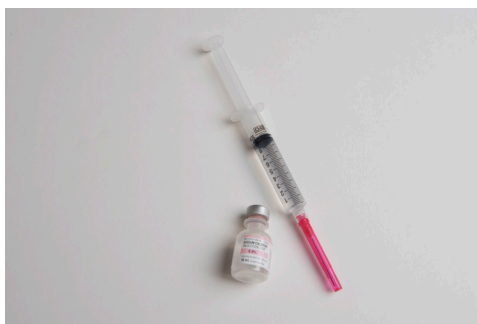
## Supplies you will need:

- Alcohol swabs
- Flushing solution(s) for the type of PICC you have
- Prefilled syringes OR ○ Solution, syringe(s) and needle(s)



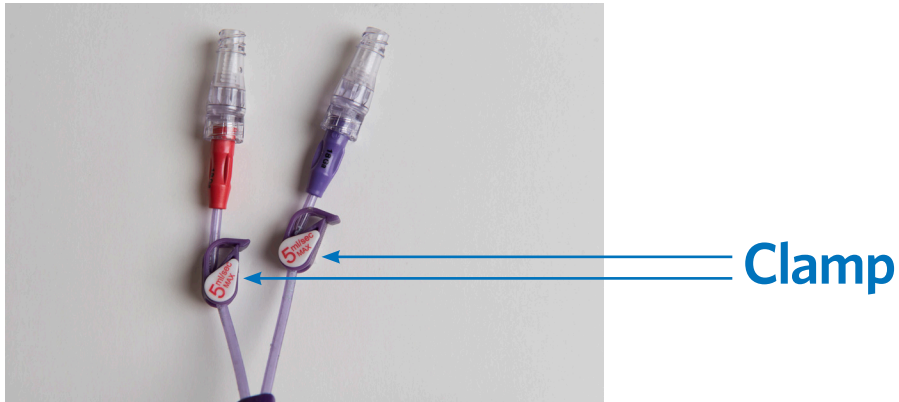
## STEPS TO FLUSH YOUR PICC

1. Gather your supplies and lay them out on a clean, flat space.
2. Wash hands for 30 seconds with soap and water.
3. Clean the cap of your PICC with an alcohol swab. Rub firmly for at least 15 seconds. Let the cap air dry.
4. If you have a prefilled syringe, skip to step 6.
5. If you have flushing solution, a syringe and a needle, follow the steps below to fill the syringe (your nurse will teach you how to do this):
  - a. Draw up the flushing solution into the syringe.



- b. Clear the air from the syringe.
- c. Screw the tip of the syringe onto the injection cap (remove needle first, if needed).

6. If your PICC has a clamp, open the clamp.



7. Use the “push-pause” method: Push 1 - 2 ml, pause and repeat until you’re done. Gently flush the PICC. Do not use force as this could damage the PICC.

8. If your PICC has a clamp, close the clamp after flushing.

## WHEN TO FLUSH YOUR PICC

Flushing solution and when to flush differ based on the type of PICC you have.

### **Power PICC**

When not in use for IV infusion

- Flush each port with 3 ml heparinized saline, once a day

After each IV infusion

- Flush each port with 10 ml saline, then 3 ml heparinized saline



## Power SOLO PICC

When not in use for IV infusion

- Flush each port with 10 ml saline, once a week

After each IV infusion

- Flush each port with 10 ml saline



## SITE CARE AND DRESSING CHANGE

Site care means cleaning the PICC insertion site and putting on a clean dressing. A nurse or other trained person, such as a caregiver, will need to do this for you.

### Supplies you will need:

- Anti-bacterial soap
- Adhesive remover



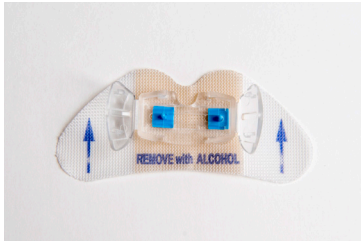
- Chlorhexidine impregnated patch (e.g. Biopatch)



○ Sterile transparent dressing



○ Securement tool (e.g. StatLock)



- Clean cloth towel or paper towels
- Clean gloves
- Mask
- Sterile gloves

**DO NOT try this procedure alone because you cannot do this with one hand and you may loosen or pull out the PICC.** Your caregiver should not try the site care until you and he or she feel sure that you can do it right. You and your caregiver will be trained by a nurse.

Your caregiver will clean the PICC insertion site and put on a new dressing 24 hours after insertion, then once a week after that. If the dressing becomes loose, wet or soiled, the PICC insertion site must be cleaned and the dressing must be changed completely.



# STEPS FOR SITE CARE

During site care, you should be sitting at a table or lying in bed with your arm outstretched and palm up. Be in a resting position, with the PICC site showing.

*Your caregiver will follow the steps below to do the site care.*

*Always start with a clean area for your supplies.*

1. Wash hands thoroughly for 30 seconds with antibacterial soap, rinse completely, and dry using a clean cloth towel or fresh paper towels.
2. Put on clean gloves and mask.
3. Slowly remove the old dressing. First, loosen the edges all around the clear dressing. Next, gently pull it off the StatLock and PICC insertion site.
4. Open clamps on the StatLock and gently release the PICC, setting it away from the StatLock. Then, gently peel off the old StatLock.
5. Remove gloves and wash hands again. **This is important. Do not leave out this step.**
6. Put on sterile gloves.

How to put on sterile gloves:



1 Open the pack of sterile gloves.



2 Make note of the left hand and right hand.



3 Only touch the gloves by the cuff.



4 Lift the glove by the cuff with one hand and slide in the other hand.



5 Pull by the cuff.



6



7 Pick up the other glove with your sterile gloved hand by reaching under the cuff.



8 Slide the other hand in and pull glove on by the cuff.



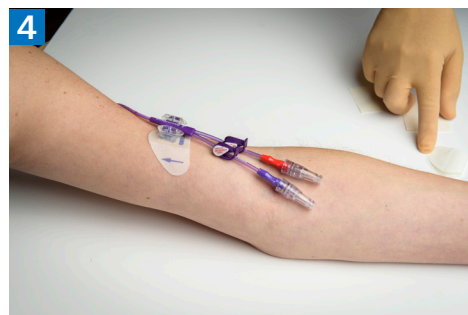
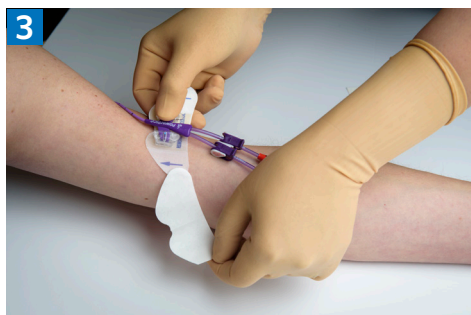
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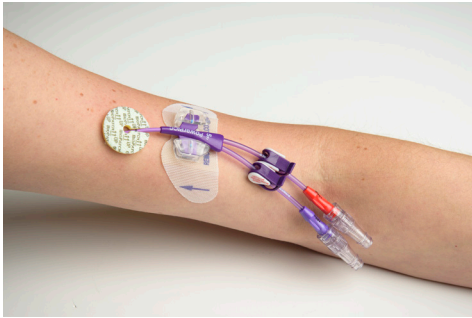
- Open the ChloroPrep package and remove the applicator. Pinch the wings on the applicator to break the antiseptic ampule (sealed tube with fluid) and the fluid from the ampule will be released into the sponge. Do not touch the sponge.



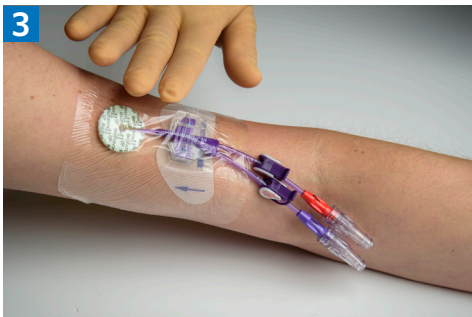
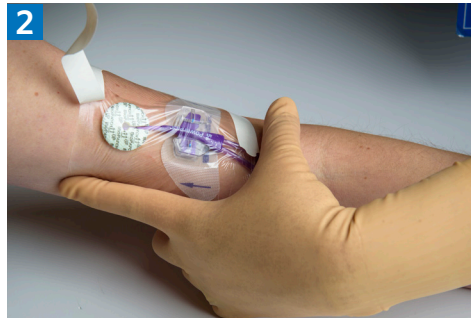
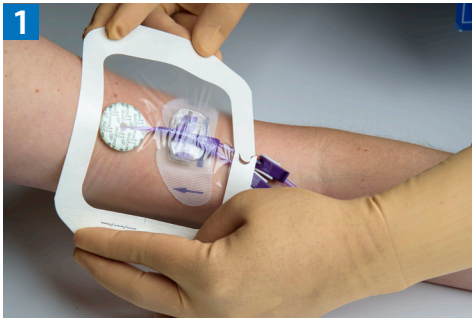
- Press and release the sponge a few times onto the PICC insertion site until it is moistened thoroughly with liquid.
- Using light pressure and a back and forth scrubbing motion, clean the site and surrounding three to four inch area for 30 seconds. Allow the area to air dry. Do not blot, wipe or blow on the site to dry it.
- Open the skin barrier/prep pad found in the StatLock package, and wipe all around insertion site and site where the new StatLock will be placed. Wait at least 10 seconds for the area to dry and become sticky.
- Place the holes on the PICC wings over the posts on the new StatLock, then snap the lids shut over the posts.
- Place the StatLock on your skin so that there is no bending or kinking of the PICC, then pull out the paper backing, first on one side, then the other.



13. Place the Biopatch over the PICC insertion site with the blue side facing up. The edges of the patch slit must touch one another to work and the slit must be in line with the PICC.



14. Cover the insertion site and StatLock with a clear dressing. Do not stretch the dressing or apply it over wet skin.



**Note: Patients allergic to chlorhexadine (CHG)**

Patients allergic to CHG, may use 70% alcohol and 10% povidone-iodine swabs to clean the PICC exit site as follows:

1. Follow steps 1 to 6 above. Then,
  - a) Clean exit site with three alcohol swab sticks. Start at the exit site and move outward in a circular motion. Clean a 5-10cm area around the catheter exit site.
  - b) Repeat step 1, using povidone-iodine swab sticks.
  - c) Let povidone-iodine solution dry. Do not wipe off.
2. Follow steps 11-14 above.

# CHANGING THE INJECTION CAP

The injection caps should be changed once a week. It is easiest to change them at the time of the dressing change. When you remove the old cap, throw it in the garbage right away. Never reuse a cap.

## Supplies you will need:

- 2x2 sterile gauze (two for each cap you're changing)
- Alcohol pads (two for each cap you're changing)
- New sterile connector injection cap(s)



- Mask
- Clean gloves
- Saline and heparin flushes

## STEPS TO CHANGE THE INJECTION CAP

Always start with a clean area for your supplies.

1. Wash hands thoroughly for 30 seconds with antibacterial soap, rinse completely, and dry using a clean cloth towel or fresh paper towels.
2. Put on your gloves and mask. Open your supplies. Place each alcohol pad on top of a 2x2 gauze pad. Be careful not to touch the sterile end of the injection cap.



3. If your PICC has clamps, make sure the catheter is securely clamped.
4. Hold the catheter end with one hand throughout the procedure.

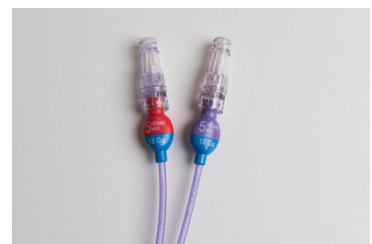
5. Scrub the cap/catheter connection with the first alcohol/gauze pad vigorously for 15 seconds, cleaning the cap/catheter with the alcohol pad. Remove the old injection cap by twisting off, and discard.



6. Scrub the exposed catheter end with the second alcohol/gauze pad for 15 seconds.



7. Remove protective cover then screw the new injection cap onto the catheter end. Do not touch the end of the catheter or the connecting side of the new cap with your fingers.



# PREVENTING INFECTION AND INJURY

Sometimes a catheter, such as a PICC, can have bacteria grow in or around it and then spread to the blood. This is called a central line associated bloodstream infection (CLA-BSI). There are a few things that can be done to keep this from happening.

This list has ways for you to keep from getting an infection:

- Wash your hands the right way and often. This is most important after coughing, sneezing, meeting with someone who is sick, using the bathroom or touching food.
  1. **Wet** your hands with clean, running water (warm or cold), turn off the tap and apply soap.
  2. **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
  3. **Scrub** your hands for 30 seconds.
  4. **Rinse** your hands well under clean, running water.
  5. **Dry** your hands using a clean towel or air dry them.

*- Adapted from Centers for Disease Control*

- Try not to touch the PICC line or dressing.
- Keep your dressing clean and dry. Moisture under the dressing can cause infection.
- When you shower, cover the PICC with plastic wrap to keep it dry. If it gets wet, you will need to have someone change the dressing.
- The PICC should not keep you from moving your arm, but it is important to avoid activities such as heavy lifting or rapid movement.
- Never try to push the PICC back into the skin if it is pulled out, even if it is just a small amount.

*Please call City of Hope if you have any questions or need to report problems.*

# PROBLEMS TO WATCH FOR

Call your home health nurse or City of Hope if you have:

- Fever of 100.5 F or higher
- Chills
- Redness, pain or swelling at or around the insertion site
- Pain or tenderness at the insertion site or up the arm, or pain during IV infusions or when you flush the PICC
- Swelling of the arm, shoulder or neck
- Drainage or bleeding from the site
- Skin rash or itching around the site
- Trouble with your catheter such as:
  - Unable to flush it
  - It is damaged
  - It is pulled out any length

***If your PICC line is infected, you may be treated with antibiotics or the catheter may be replaced or removed.***

# HOW TO CONTACT CITY OF HOPE

City of Hope professionals are here to help you if you have any questions or need to report any problems.

**Triage Nurse Call Center: (626) 218-7133, available 24 hours**

For questions about a prescription refill or renewal, please call our City of Hope Pharmacy at **(626) 301-8304** or call the pharmacy where your prescription was filled if outside of City of Hope.

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