

FOOD AND WATER

- Careful food choices, safe food handling and food storage methods are always important for those with a weakened immune system, such as those patients with cancer or undergoing chemotherapy or radiotherapy.
- An ice and water machine is on the ward for patient use. Please use the cups and jugs **once only** to help reduce the risk of the spread of infection. Ask the staff if there are no cups or jugs available.
- There are facilities on the ward for you to store and cook simple food. Food may be brought in from home but must be **freshly cooked, stored in a well sealed container and refrigerated**. Food must only be reheated once before being discarded. Label all food brought in with a **name, bed number and date**. Please clean up after yourself after preparing food or drinks.
- Please refer to our pamphlet, “**Food Safety & Chemotherapy**”, for detailed information or ask ward staff if you would like to speak to the Dietician.

SMOKING

Research has show that nicotine affects neutrophils, the short-lived white blood cells that defend against infection, by reducing their ability to seek and destroy bacteria. We strongly recommend you stop smoking and can provide assistance with this, if required

OBSERVATIONS

- All patients will have observations (e.g. blood pressure and temperature) taken by nursing staff **every four hours**, including overnight. Staff will also ask each patient to keep a **record of the fluid** they are drinking and passing throughout the day. They will be weighed at least **daily** and have regular **blood tests**. These observations are important as changes may be the first signs of the development of an infection.

VACCINATIONS

- Patients on CB5C are at increased risk of complications from influenza (flu). A yearly influenza vaccination is recommended for close family members.

MOUTH CARE

- It is especially important for patients to take good care of their mouth whilst receiving treatment. Careful attention to mouth care will help reduce the risks of infection which can also affect your ability to eat and drink. Nurses can assist with mouth care.

**Haematology/BMT Ward CB5C
LIVERPOOL HOSPITAL
PH: 8738 7530**

*Publication Date May 2010
Review Date August 2011
Catalogue No. 10/0012*

PATIENT & VISITOR INFORMATION CB5C LIVERPOOL HOSPITAL

VISITING HOURS

10am - 1pm & 3pm - 8pm

**Please Read
- Important
Information**



Health
South Western Sydney
Local Health District

WELCOME TO CB5C **Haematology/BMT Ward**

CB5C is a specialist ward catering for patients who are at risk from life threatening infections due to their treatment or disease.

To optimise their care and reduce the risk of infection, this pamphlet explains why these precautions are required.



Hand washing is the single most important factor in reducing hospital acquired infections.

- **Only 2 visitors per patient at any one time** reduces the possibility of contact with infection and allows the patient to rest. Rest period is 1pm to 3pm.
- **Overnight visiting** is only permitted in special circumstances and must be approved by the nurse in charge.
- On entering and leaving the ward and prior to entering any patient's room, **all visitors must wash their hands**. The hand gel may also be used.
- **All visitor's must wear a gown or apron and gloves if helping a patient**. These can be found outside each patient room. They are then removed and discarded on leaving the patient's room.
- Each **single rooms** have been fitted with a "gold standard", specially filtered air purification system, made particularly for those with a lowered immune system. **The door must remain closed** for this to work efficiently.
- **If a patient does leave his or her room when his/her white cells are low, we ask them to please wear a mask**. These will be available in the basket outside each room.
- **Visitors with an infection, cold or flu** (for example, runny nose, cough, fever or open wound) **should not visit until they have completely recovered**.
- **Children under 12 years are not permitted to enter the ward unless they are the children of the patient**. Unfortunately small children are often carriers of infection. We recommend that if visiting, they remain in the patient lounge area near the ward.
- **Fresh and dried flowers and plants are prohibited on the ward** as they may carry bacteria or fungi, which pose a risk of infection.
- **Only patients are to use the toilets in the ward**. Visitor toilets are located in the corridor opposite the ward entrance.
- **Please reduce clutter in rooms**. Bacteria accumulates on surfaces. Bedside lockers and cupboards are provided to store any belongings.
- **Patients are encouraged to shower each day**. Daily cleansing with soap and water is the first line of defence against bacteria on the skin.