

~No BP or IV sticks in arm with PICC

~Keep PICC ID card with you at all times

~Cleanliness is a MUST! Always wash your hands well when handling your supplies or touching the PICC. In order to prevent infection from entering the line or at the insertion site, supplies must be kept sterile. An infection could result in the removal of the PICC and may require the need to begin alternative therapy.

Problems, Causes and Action

~If you experience fever or chills, soreness or redness at the site or a swollen arm, the site could be infected and you should immediately call your doctor.

~If the line begins to leak, the cap could be loose or a hole could be present in the line. You should check and tighten the cap and inspect the line for a tear. If a tear is discovered, you should fold the line over and notify an RN. If you experience chest pain or trouble breathing, lay on your left side and call your doctor or RN.

~If you are unable to flush or infuse fluids and medicine, the line could be clamped, kinked, or clotted. Unclamp the line or remove the kink. Do not inject the line with force.

~If your skin under the dressing becomes red, you could be experiencing phlebitis, which is not uncommon in the first few days following a PICC placement. Apply warm compresses and seek medical treatment if the condition does not improve.

~If the length of exposed line has increased, the line has been pulled out. DO NOT PUSH THE LINE IN! Cover with gauze and call your doctor or RN.

~If the line comes out completely because of loose dressing or being unsecured, hold pressure at the site for five minutes before applying antibacterial ointment and a bandage. Contact your physician.

~If you experience numbness or tingling in the arm, discomfort in the jaw, ear, or face on the same side that the PICC has been inserted, the line could be dislodged or you might be suffering nerve irritation. Stop medication and fluids and call your doctor.

~If you suffer bleeding at the site, it could be from overusing your arm or from complications caused by loose dressing. Stop medications and fluids, apply pressure to the site and tighten dressing and call your doctor.

Uniontown Hospital

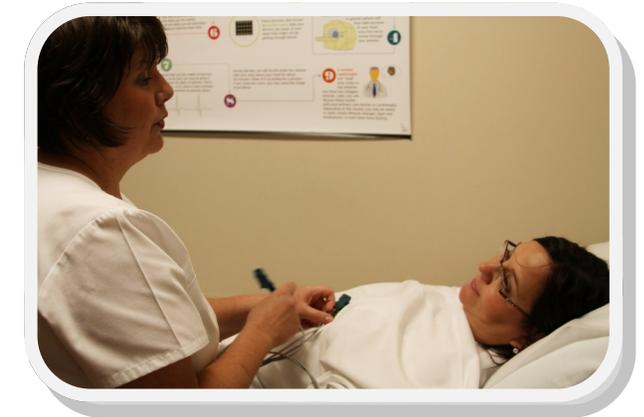
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PATIENT PICC



GUIDE

PICC Information Packet

What is a PICC?

A PICC (Peripherally Inserted Central Catheter) is a long, very thin, flexible tube that is inserted into a larger vein of the upper arm. The PICC is threaded through the vein, with the tip resting just above your heart. Your doctor may order a PICC for long-term therapy of IV antibiotics or fluids, for difficult IV starts, or for blood draws. With proper care, it may remain in place for up to one year.

Alternative to a PICC

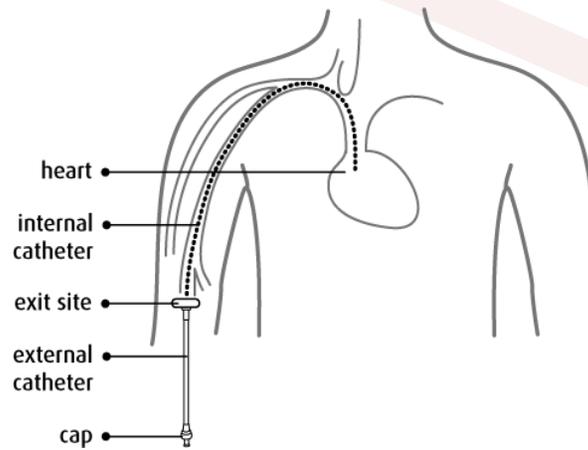
- ~Short IV catheters in the arm or hand; requires changing every three to four days
- ~A different type of central catheter as a port
- ~Oral antibiotics or medications, which may be less effective

PICC risks

- ~Discomfort at the site
- ~Bleeding at the site
- ~Unsuccessful access, repeated attempts
- ~Unable to thread catheter

- ~Accidental puncture of nerve or artery
- ~Clot formation around catheter
- ~Dislodgement of catheter
- ~Infection

Peripherally Inserted Central Catheter



Insertion of a PICC

Lying flat, you will extend your arm to your side. A TRAINED RN will use ultrasound to locate the vein and then scrub your arm with an antiseptic cleaner. You will be covered with sterile drapes and the RN will wear sterile garb. The RN will insert a needle into the vein and then numb the area.

A small opening will be made to allow the catheter to be threaded. The catheter will be flushed with normal saline to assure patency and a dressing will be applied. A chest x-ray is then required to confirm placement of the catheter tip. A radiologist will confirm if placement is appropriate for use.

Care of a PICC

- ~No heavy lifting for the first 48 hours
- ~Cover the area with plastic to shower or bathe. Do not let PICC extension hang in water; no swimming or submersion
- ~Never use scissors or sharp objects around the line or to remove dressing
- ~Change dressing every seven days or if it becomes loose
- ~Secure to arm with tape and cover with gauze net
- ~Avoid contact sports or rough activity
- ~Change dressing caps at least once a week and after blood draws
- ~Only use the PICC line for prescribed treatment