Blood and Marrow Transplant Unit - B.M.T.U.

General Information

The BMTU is an inpatient nursing unit, designed to care for bone marrow and stem cell transplant patients. The health care team is specially trained to take care of transplant patients and will help you learn more about your treatment.

Day of Admission

Your BMT Coordinator will tell you when your admission date is scheduled. You will be given information about where you should go to register when you come to the hospital.

Please bring your insurance card(s), a photo ID and your BMT binder with you.

Reminder: Follow your doctor’s orders about the medicine(s) you should take the day before admission.

Entering the BMTU

To enter the BMT Unit, use the intercom located on the wall by the door. Press the button on the intercom and the unit clerk will open the door for you.

BMT Room

On the BMTU, you will be in a room specially designed for the care of bone or blood stem cell transplant patients. The room has three parts
that include:

- Entry area
- Patient room
- Bathroom

**Entry Area**

The entry area is where staff and visitors wash their hands and prepare to enter your room.

*Every person must wash their hands when they come in and when they leave the room. All staff and visitors must also put on a mask.*

- A sign will be placed by the door with any special precautions that should be followed by visitors and staff who come into your room.

**Patient Room**

- During your hospital stay you will be in a private patient room.
  - There is limited space in the closet and night stand for your personal belongings. Please leave your valuables at home.
  - All rooms have a special airflow system. This system filters and cleans the air. Your room will be cleaned every day by environmental service staff who are trained in transplant care. The airflow system and daily cleaning help protect you from infection.
  - There is a small refrigerator in each patient room.

**Bathroom**

- The bathroom has a sink, toilet, and shower stall. The bathroom door will be kept closed. **The bathroom is for patient use only. Visitors will need to use the public restrooms.**
Your Care on the BMTU

While you are in the hospital for your transplant, you will learn the daily routine and be encouraged to take part in your care. You will be assigned a primary nurse who will help coordinate your care. Your care will include:

- **Blood Tests**

  Blood tests are done one to two times a day. Your blood will be taken from your central venous catheter (CVC). The nurse or patient care associate (PCA) may also take blood from your arm for a special test.

- **Vital Signs**

  Your vital signs (temperature, heart rate, respiratory rate and blood pressure) and pain level will be checked about every four hours. Your nurse will also ask about your pain after a pain medicine or another treatment for pain has been given.

- **Assessment**

  At least once every shift your nurse will do a physical assessment. This includes checking your eyes, mouth, skin, abdomen, heart, lungs and your ability to think clearly. The nurse will also ask if you have pain, nausea or other symptoms or problems.

- **Personal Care**

  - You must use CHG (chlorhexidine) waterless bath cloths every day. You will be taught how to use these cloths and staff will help you if needed. If you want to shower, you must do so 8 hours before or 8 hours after using the cloths.

  - You will need to put lotion on your skin one to two times a day. The day before your transplant you must start using an antifungal powder (Nystatin). Your nurse will show you how to use this powder.

  - You will need to do mouth care four times a day. This care is done after meals and at bedtime to help wash away germs and bacteria in your mouth. You may use a soft toothbrush. Your nurse will teach you about the mouth care products you will need to use.

- **Doctor and Nurse Practitioner Rounds**

  The team will come to your room each morning to see how you are feeling. They will talk with you about any concerns you have and discuss your plan of care.
• **Use of Incentive Spirometer/Coughing and Deep Breathing**
You will be asked to use an incentive spirometer or practice coughing and deep breathing exercises every two hours, while you are awake. This will help to prevent pneumonia and other breathing problems.

• **Activity**
It is good for your health to be as active as possible during your stay in the hospital. By staying active, you will help prevent problems with your heart and lungs, and keep your strength. Exercise also helps fight fatigue, nausea and depression. You need to get out of bed and walk 4 times every day. If you are too ill or weak to walk in the halls, you will be expected to get out of bed and sit in a chair 4 times every day.

**Other Important Information**

• **To reduce your risk of infection and to keep from falling, do not pick up items that are on the floor.** Use your call button to ask for help from the nurse or PCA.

• **Never lean on or use an IV pole for support when you are walking.** Your nurse or PCA will unplug or plug in your IV pump. Bending over can cause you to feel dizzy. You may also be taking new medicines that can make you feel dizzy or weak.

• **Always wear some type of footwear (non-skid) on your feet when you are out of bed.** This helps to protect you from injury, bleeding or infection.