CARING FOR THE PATIENT AND FAMILY PRIOR TO BMT

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In Hospital de Santa Maria Bone Marrow Transplant Unit, we intend to initiate a nursing consultation with the aim of giving patients and their families, the best nurse care.

This work has the purpose to present the main information we want to grant in this consultation.

Fifteen years of transplantation proved that patients have a poor information level, which leads to an anxiety enlargement. When patients and their families are correctly informed about transplantation procedure before it starts, the treatment plan will be better succeeded.

A bibliographic survey was made, based on researching about coping, communication, rehabilitation and our experience, we developed a check list with the main information which we intend to apply in the nursing consultation.

We think:
- Before the admission, patients should visit the Transplant Unit, meet some staff and discuss some nurse care, in order to reduce anxiety.
- Also family and care-givers should be encouraged to visit the Transplant Unit before admission, and to discuss anything that concerns them.
- A booklet with the unit rules should be given before admission. In this booklet there is information about visitors rules, nutrition, hygiene and clothes, emotional support and other information.

TRANSPLANTATION PROCESS
- Transplant's objective
- Bone Marrow and Stem Cells collection
- Conditioning treatment
- Transplant

POSSIBLE SIDE-EFFECTS
- Nausea and vomiting
- Alopecia
- Enzyema
- Diarrhoea
- Mucositis
- Hipertermia

EXPECTED COMPLICATIONS
- Infection
- Haemorrhage
- Gastrointestinal toxicity
- Interstitial pneumonia
- Graft versus host disease
- Graft rejection
- Veno-occlusive disease of the liver

PREVENTION OF INFECTION
- Management of venous access devices
- Visitor education
- Environmental cleanliness
- Patient hygiene
- Maintenance of body's natural defences

RECOVERY PROCESS
- Nutritional issues
- Blood component support
- Pain relieve
- Prophylactic antibacterial, antiviral and antifungal drugs

PSYCHOSOCIAL SUPPORT
- Social Assistant
- Psychologist
- Priest

TREATMENT OF PAIN
- Evaluate pain level
- Administrate pain therapeutics

REHABILITATION PROCESS
- Diet
- Socializing
- Gym
- Occupational Therapy
- Sexual activities

A decision of submitting or not a BMT causes anyone confusion and anxiety. Family and friends reactions are extremely important, particularly when a donor is involved. Information should be given in a way that patient can understand it, and he must be the one that controls what he wants to know.