# CARING FOR THE PATIENT AND FAMILY PRIOR TO BMT

Hospital de Santa Maria - Bone Marrow Transplant (BMT) Unit - Lisbon - Portugal

ospital 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 car

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 instants, the treatment plan will be better succeeded.

liographic 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

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, spiritual support and other information

## TRANSPLANTATION PROCESS

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

#### Transplant

## POSSIBLE SIDE-EFFECTS

- ·Nausea and vomiting ·Alopecia
- •Erythema
- ·Diarrhoea •Mucositis
- •Hyperthermia

## **EXPECTED COMPLICATIONS**

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

•Infection

## PREVENTION OF INFECTION

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

### RECOVERY PROCESS

·Evaluate pain level

- - ·Prophylactic antibacterial.
- ·Blood component support antiviral and antifungal drugs

## **PSYCHOSOCIAL SUPPORT**

- ·Social Assistant
- Psychologist
- •Priest

## REHABILITATION PROCESS

- Checkups (Day Care Unit)
- Sexual activities

TREATMENT OF PAIN

Administrate pain therapeutics

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.