

## **CYSTIC FIBROSIS HOME INTRAVENOUS THERAPY – Information for patients**

This leaflet tells you about the procedure known as Home Intravenous Therapy. It explains what is involved and the common complications associated with this procedure. It is not meant to replace discussion between you and your doctor, but as a guide to be used in connection to what is discussed with your doctor.

Courses of intravenous antibiotics (IVS) are now commonly done at home. For many people this will enable them to continue to lead as normal a lifestyle as possible. However the choice of whether you will receive IV treatment at home or in hospital is influenced by your condition, the support you have and your personal wishes and preferences.

In order to self administer IVS it is important that you have received sufficient training to be deemed as competent do this at home. You will therefore need to be taught and assessed as proficient to do this safely. This is normally done by the specialist cystic fibrosis (C.F) nurse with the help and support of the nurses caring for you on the ward. It is also important to be aware that the time it takes to learn the process of drawing up and administering IVS will be different for everyone. This means that you will need to be admitted to the Adult Cystic Fibrosis Centre in order for that training to take place.

### **The principles of the training will include:**

#### **ASEPTIC TECHNIQUE –**

The need for a suitable clean environment at all times whether at home or in hospital

Hand washing techniques

Preventing cross infection

#### **HAZARDS – Implications of the procedure including:**

- Side effects – how to recognise and what action to take
- Anaphylaxis
- Care of the line
- What to do if you have problems with your line (i.e. the drugs are not going through properly)
- Recognising and knowing what to do if you suspect your line may be infected
- Monitoring of blood levels

### DRUGS

- Safe storage of drugs and ancillaries (needles and syringes)
- Safe disposal of waste
- Safe checking of drugs (i.e. dose, expiry date)

It is important that the C.F nurses feel confident that you are safe, competent and happy with the process before you will be allowed to do home IVS. Once assessed as competent future courses can either be given:

- At home
- In hospital
- Started in hospital and then completed at home

It is important to note that even when you have been assessed as competent but not had a course of treatment for a long period of time then you may need to have a 'refresher' course. This will remind you of how to safely draw up and administer the drugs safely.

Overall it is important to be aware of the advantages and disadvantages of taking the course at home rather than in hospital. One of the cystic fibrosis (CF) clinical nurse specialists will be happy to discuss these with you either when you are an inpatient on the (CF) ward or when you attend the outpatient clinic.

**It is also important to be aware that**

**YOU CAN DECIDE AT ANY TIME NOT TO DO YOUR OWN INTRAVENOUS ANTIBIOTICS TREATMENT EITHER WHEN YOU ARE IN HOSPITAL OR AT HOME**

### Contact us:

If you would like more information on this subject either speak to the nurse in clinic please do not hesitate to contact the C.F Clinical Nurse Specialists on 0121 424 2515.

### Additional Information Sources:

For more information on all aspects of living with Cystic Fibrosis you can visit the Cystic Fibrosis Trust web site at : [www.cftrust.org.uk](http://www.cftrust.org.uk).

For local news and events the West Midlands Regional Cystic Fibrosis Unit based at Heartland Hospital has its own website at: [www.heartlandscf.org.uk](http://www.heartlandscf.org.uk) .

## Information for Patients

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### **Our commitment to confidentiality**

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will always ask you for your consent if we need to use information that identifies you. We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. You can help us by pointing out any information in your records which is wrong or needs updating.

**Please use the space below to write down any questions you may want to ask:**