

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

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## General Information

The Blood and Marrow Transplant Unit (BMTU) is a special unit in the hospital that cares for bone marrow and stem cell transplant patients. Your health care team is specially trained and will help you learn more about your treatment.

## Day of Admission

You will be told when your scheduled admission date is and where to check in when you get to The James hospital.

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

**It is important to follow your doctor's orders about what medicine(s) you can take the day before admission and if you can eat or drink on the morning of your admission.**

## Entering the BMTU

To enter the BMTU, 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.

## Entering Your Room

**All staff and visitors must wash their hands or use alcohol-based hand sanitizer when they come in and when they leave your room. They must also wear a mask and follow the special precautions listed on the sign by your door.**

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This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

- A hand-washing sink with soap is located just inside your room.
- Alcohol-based hand sanitizer is located on the wall outside your room.
- Masks and isolation clothes can be found in the closet outside your room.

## Your BMT Room

You will be in a special room designed for the care of bone marrow or stem cell transplant patients. These rooms have 2 parts including a private patient room and bathroom.

- **Patient Room**

- ▶ There is a closet, with limited space, for your personal belongings. Leave all valuables at home.
- ▶ There is a special airflow system to filter and clean the air in your room.
- ▶ Your room will be cleaned each day by environmental service staff who are trained in transplant care.

- **Bathroom**

- ▶ Your bathroom has a sink, toilet, and shower stall. The bathroom door must be kept closed. **The bathroom is for your use only. All visitors must use the public restrooms.**

## Your Care on the BMTU

While you are in the hospital for your transplant, you will follow a daily routine and take part in your care. Your primary nurse will help coordinate your care, including:

- **Blood Tests**

Blood tests are done each day. Most often, your blood will be taken from your central venous catheter (CVC). Your nurse or patient care associate (PCA) may also take blood from your arm for a special test.

- **Vital Signs**

Your nurse will check your vital signs (temperature, heart rate, respiratory rate and blood pressure) about every 4 hours. This may include checking your vital signs while you are in different positions such as when you sit or stand. Your nurse will also check your pain level about every 4 hours and after a pain medicine or another treatment for pain has been given.

- **Assessment**

Every shift your nurse will do a physical exam to check your eyes, mouth, skin, abdomen, heart, lungs and if you are able to think clearly. Your nurse will also ask if you have pain, nausea or other problems.

- **Personal Care**

- ▶ To help prevent infection, you must use CHG (chlorhexidine) to clean your skin each day. Your nurse will teach you how to clean your skin.
- ▶ You will need to put lotion on your skin 1 to 2 times each day.
- ▶ You will need to do mouth care with a soft toothbrush at least 4 times each day. This care is done after you eat and before you go to bed to help wash away germs and bacteria in your mouth. Your nurse will teach you about what mouth care products you need to use.

- **Doctor and Nurse Practitioner Rounds**

Your health care team will come to your room each morning to see how you are feeling. They will talk with you about your plan of care and any concerns you have.

- **Use of Incentive Spirometer/Coughing and Deep Breathing**

You will use an incentive spirometer or coughing and deep breathing exercises every 2 hours, while you are awake. This will help to prevent pneumonia and other breathing problems.

- **Activity**

It is important to stay active during your stay in the hospital. Being active can help to prevent problems with your heart and lungs and keep your strength up. Activity also helps fight fatigue, nausea and depression. You need to get out of bed and walk 4 times each day. If you are too ill or weak to walk in the halls, you will need to get out of bed and sit in a chair 4 times each 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 your nurse or PCA.
- **Do not lean on or use your IV pole for support when you walk.** Your nurse or PCA can help you with 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.