

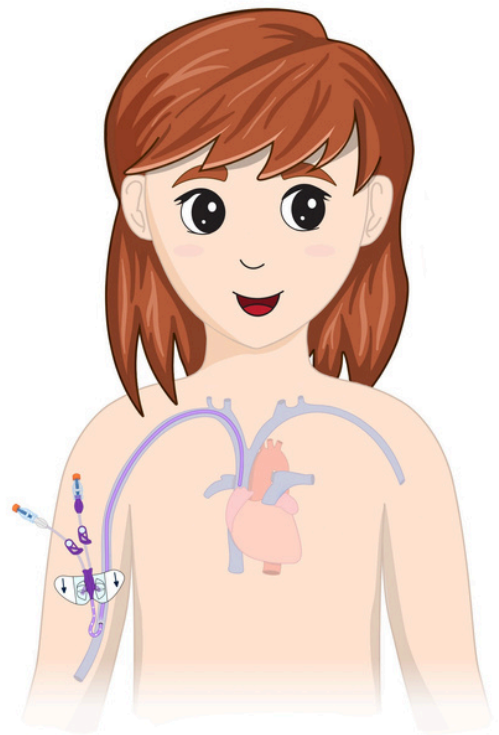
GETTING READY TO GO HOME

All people who care for your child should know your child has a PICC, how to clamp it, and what to do in an emergency. This includes family members, babysitters, day care providers, and teachers.

The PICC Line

Your doctor will arrange for your child to have an intravenous catheter placed in their arm before they go home. This line is called a Peripherally Inserted Central Catheter (PICC). A PICC is a type of central line.

Health-care providers can use your child's PICCs to give blood transfusions, fluids, nutrients and IV medications. Sometimes, PICCs are used to take blood samples. If your child has a PICC, some of these procedures can happen at home.



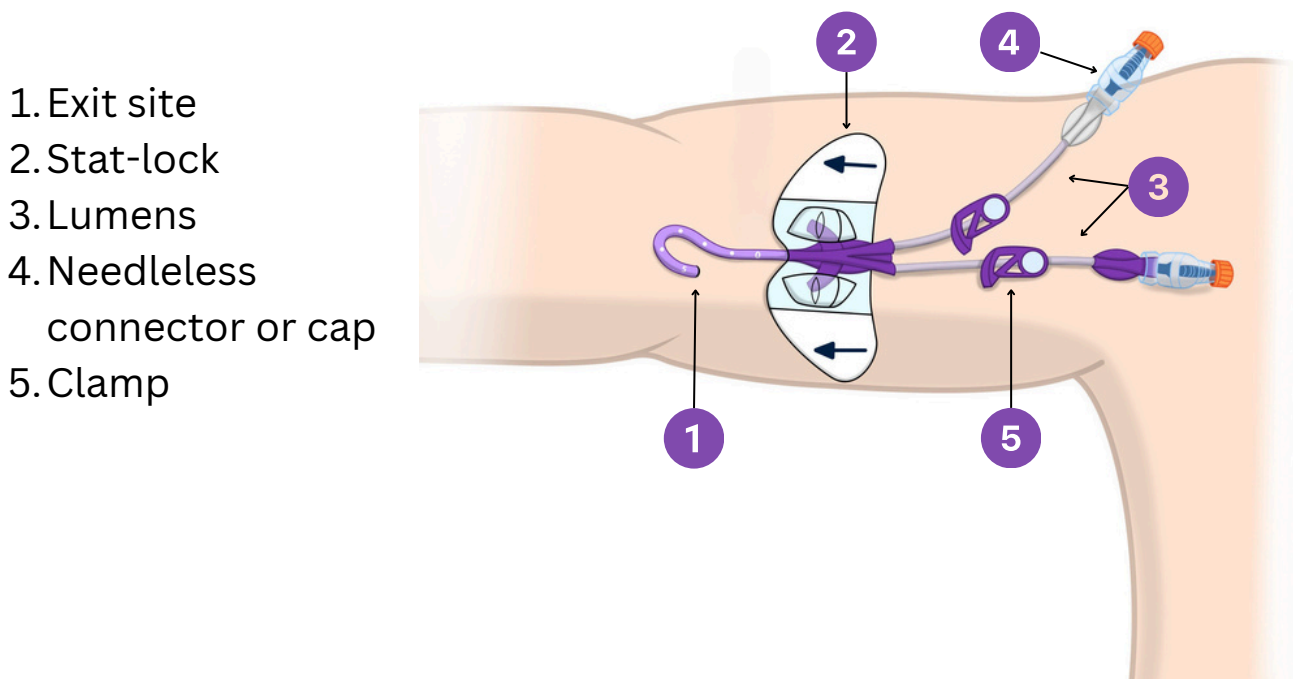
This booklet is about PICCs used with children. If there are any words in this booklet you don't understand, look in the section at the end called **Words to Know (pg. 30–31)**.

Many families find the catheter helps make their child's medical treatment a little easier. You will learn about PICCs from the PIVOT Nurse, the Vascular Access Team, the doctors and your child's nurses. They will answer your questions and watch you practice the skills of taking care of the PICC.

You will not learn everything about PICC care just from reading this booklet. Your health-care team will teach you the details and they will watch you take care of the PICC. Don't try any skill alone until you are sure you can do all the steps. If you have any questions, ask someone on your child's health-care team.

What is a PICC?

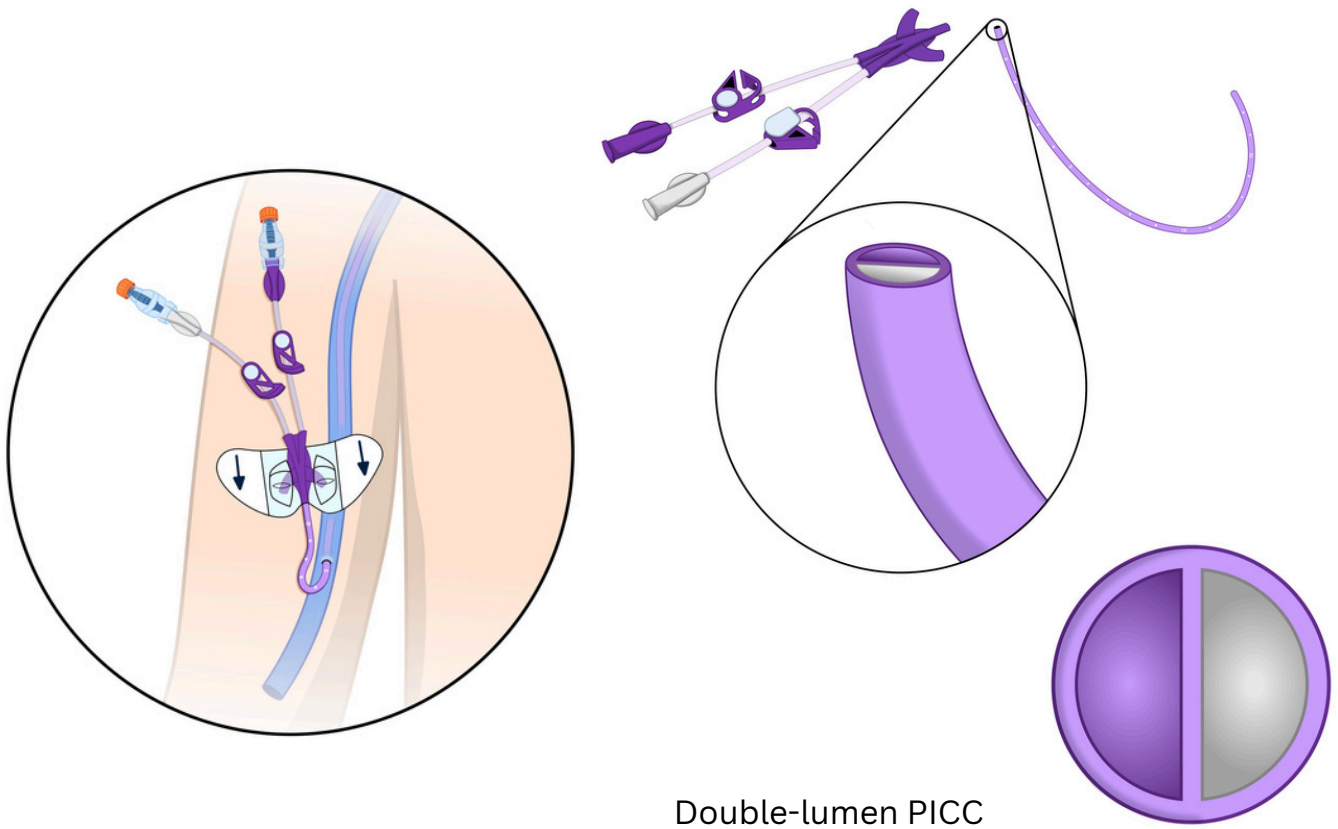
A PICC is a small, thin, flexible tube which is known as a “catheter.” The catheter goes into your child’s arm above the elbow and floats in the vein, until the end of the tube reaches a large vessel near the heart. This type of catheter belongs to a group called “central lines” because the end of the catheter sits centrally in the body.



The **exit site** (1) is where the PICC line comes out of the body. At the exit site, the PICC will be secured to the skin with a special bandage called a **“stat-lock”** (2). A clear dressing is placed over the exit site to keep it clean and dry and free of germs. A specially trained Vascular Access Team nurse or doctor will insert the PICC.

PICCs can have either one or two smaller tubes or openings called **“lumens”** (3).

What is a PICC?



Your child's health-care team will decide how many lumens your child needs. A catheter with two lumens can give two different IV treatments at the same time, through separate tubes.

The catheter outside your child's body is always capped with a **needleless connector** (4). Your child's outpatient nurse will change the cap every week at your child's appointment.

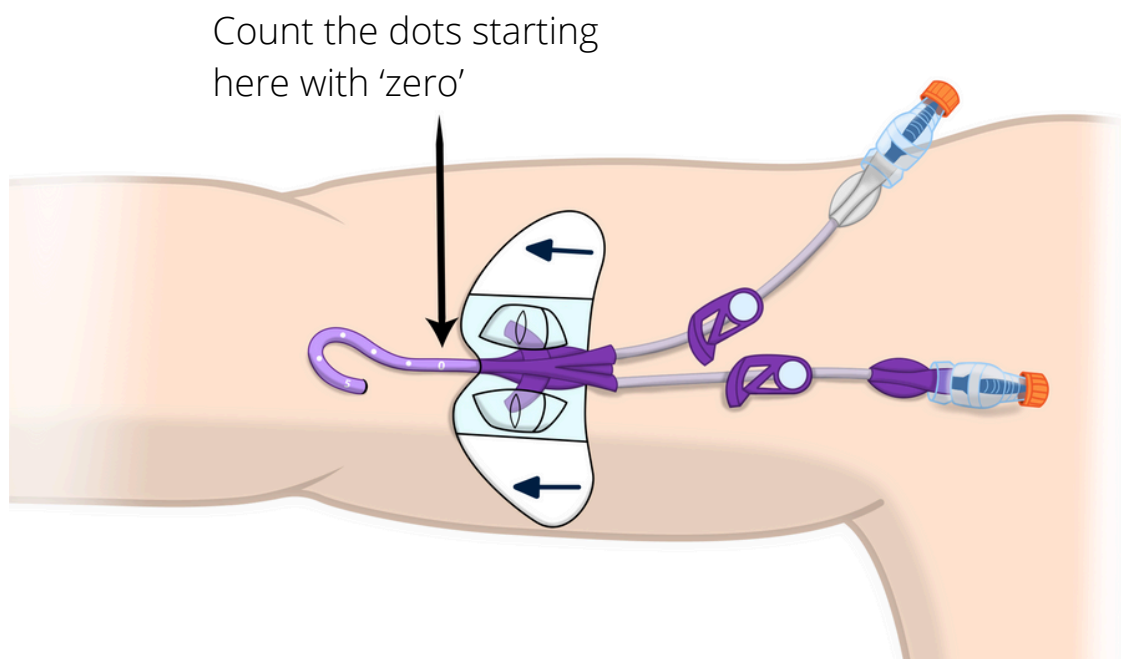
Each lumen on the catheter has an **external clamp** (5). The PIVOT care team will teach you about clamping and unclamping the lumens.

Caring for a PICC Line

Check your child's PICC line regularly. Report any problems to the PICC nurse.

Every day:

- Look at the skin around the exit site. Call the PIVOT Clinic if you see redness, swelling or drainage from the exit site.
- Softly press the area around the exit site, with the dressing on. Call the PIVOT Clinic if the area is swollen or sore.
- Count the dots on the line. Check that it has not moved. Do this at least once a day if your child's PICC is **uncuffed**. If the line has moved in or out, call the PIVOT clinic. Your child may need an x-ray to check that their PICC is still safe to use.



Caring for a PICC Line

Ensure the dressing is not lifting. If the edges of the dressing start to lift, apply a clear reinforcement dressing over the affected area. If you are unable to keep the dressing stuck down, contact the PIVOT Clinic or your community clinic right away.

The dressing is the best way to hold the line in and keep germs out. Do not try to change the dressing on your own unless it is a **cuffed** PICC and you have been taught to do so.

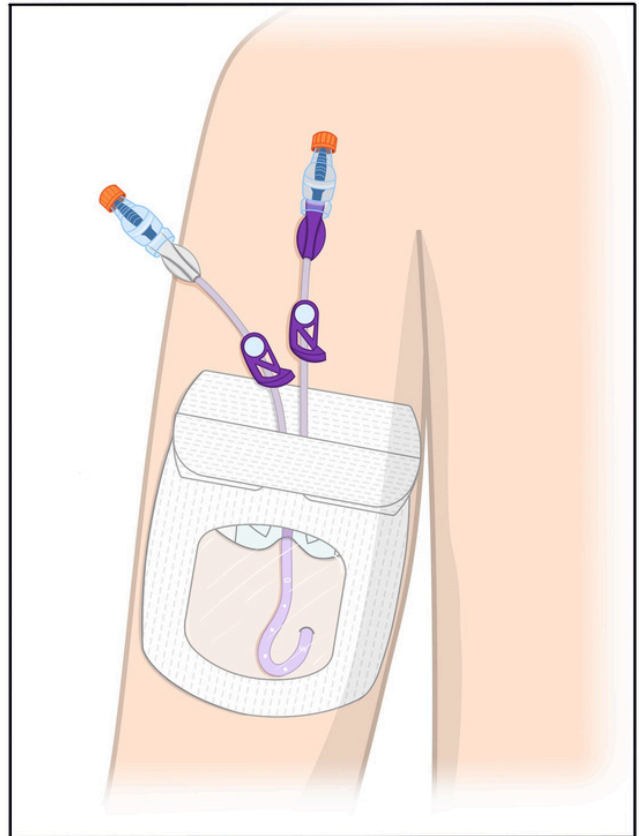
A nurse will change your child's dressing and stat-lock every seven days at your weekly follow-up appointment.

If your child wants to play with the tubing, cut a sock to fit loosely over the arm. This covers the site and keeps your child from touching it. You can also ask the PIVOT Nurse or the Vascular Access Team for something to cover the PICC.

It is important not to pull on the PICC line. Take care when dressing your child. It is best to keep your child's PICC tubing under their clothes. This will protect the tubing.

Your child can use their arm for normal activities. However, they must avoid:

- Strenuous activities
- Activities that cause sweating, as this can make the dressing fall off
- Activities where they use their arm repeatedly (like pushing, pulling or lifting)

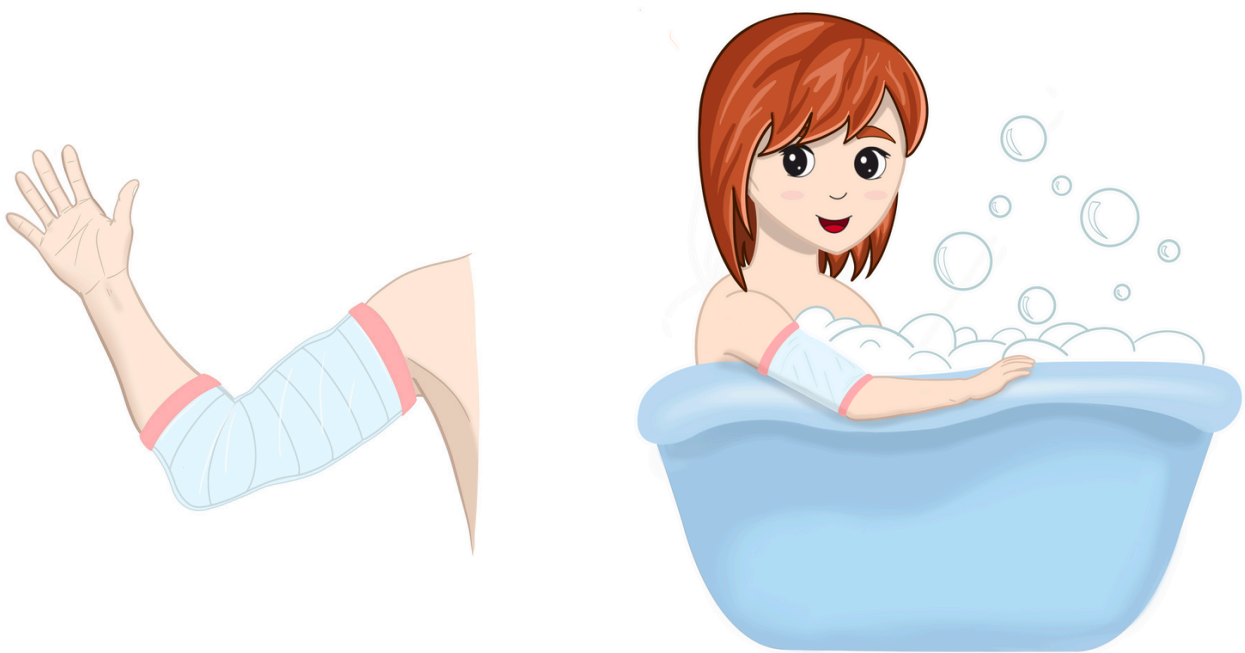


Caring for a PICC Line

Keep all sharp objects, like pins and scissors, away from your child and the PICC.

The dressing must stay dry. Your child should not swim or soak their arm in water. This increases the chances of infection, and of the PICC falling out.

When your child bathes, the clear dressing must stay dry. To do this, cover your child's arm with a bag or plastic wrap. Then, secure it with waterproof tape. Tape the edges of the bag or plastic wrap where it meets the skin, to keep the water out. The arm should stay out of the water, even when covered. If the dressing gets wet, it must be changed as soon as possible.



Keep your child clean and dry, especially around the PICC dressing. Germs are on everything that is not sterile. Germs are more likely to grow in dirty, damp areas. To help prevent infections, always use good handwashing techniques before you touch your child's PICC.
