

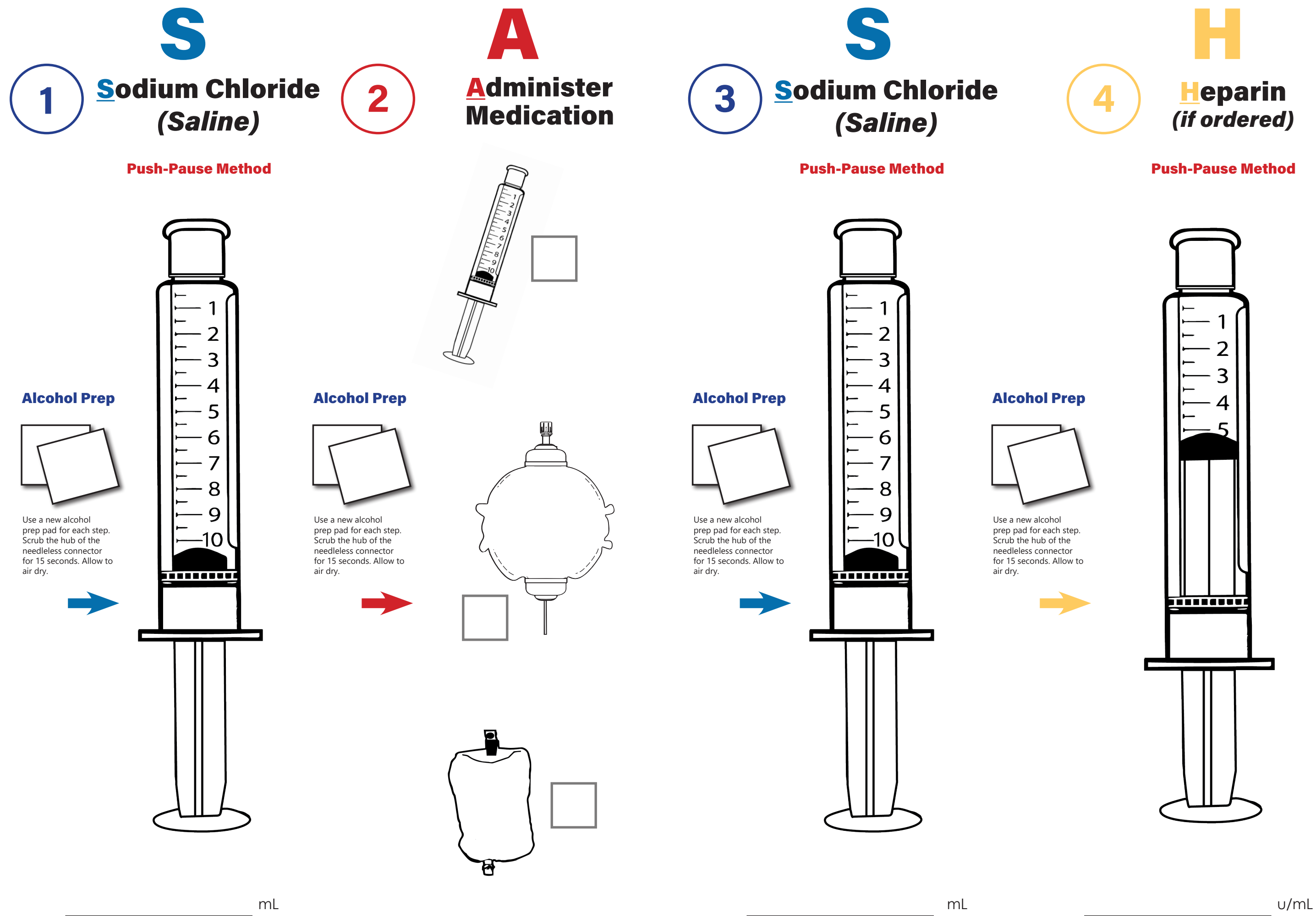
Handwashing

Use the letters "SASH" to help remember the order for flushing the catheter. Always wash your hands first.

It is important to wash your hands before you flush your catheter to help prevent infection. For best results, use a liquid soap rather than a bar soap and follow these instructions.

1. Wet hands with clean, warm water.
2. Apply soap to palm of one hand.
3. Lather by rubbing hands together, making sure to reach all surfaces.
4. Continue rubbing hands together for at least 20 seconds.
5. Thoroughly rinse hands under running water to ensure removal of residual germs.
6. Dry hands using clean paper towels. Use paper towel to turn off the faucet

Notes



How to Achieve Zero Central Line Complications



Top 10 Tips for Avoiding Central Line Complications

Preventing Central Line Occlusion/Blockage

Common Symptoms:

- Trouble flushing the catheter
- Pump alarm goes off (if you have a pump)

Causes:

- The catheter is kinked (inside or outside), the clamps are closed, or the catheter tip is in the wrong position.
- A blood clot has formed which can occur if the catheter is not flushed correctly.
- Medication built up inside the catheter, which can occur if the catheter is not flushed correctly.

How to Prevent:

- Flush the catheter before and after the medication goes in (see SASH chart). Use the amount of saline that was ordered for you.
- After flushing with the final saline, flush the catheter with heparin if ordered.
- Clamp your catheter as you were taught by the nurse. Remember the order in which you flush and clamp is important!
- Look for any kinks in the catheter or extension set.

Preventing Central Line Bloodstream Infection

Common Symptoms:

- Temperature of 100.4° F or higher
- Chills, especially when you flush the catheter or infuse your medicine.
- Sweating
- Body aches
- If you have any of the above symptoms, call your doctor.

Causes:

- Bacteria entering the bloodstream through the needleless connector.

How to Prevent:

- Wash your hands thoroughly, rubbing them together for a minimum of 20 seconds. Do this before and after you handle your medication, supplies and catheter.
- Scrub the catheter needleless connector with an antiseptic wipe for 15 seconds before each flush and medication hook-up.
- Inspect all of your medications before you infuse. Do not use a medication if it is cloudy or you see anything floating in it.

PATIENT EDUCATION

SASH Board & Central Catheter Prep Mat

Your Nursing Agency _____.

Pharmacy _____.

- 1 Clean your work area before you prepare your medication and supplies.
- 2 Wash your hands thoroughly, rubbing them together for a minimum of 20 seconds. Do this before and after you work with your catheter, medication and supplies.
- 3 Scrub the catheter needleless connector with an antiseptic wipe for 15 seconds before you connect anything.
- 4 Never touch the end of a sterile syringe or tubing. If you do, throw the item away.
- 5 Keep the catheter dressing and needleless connector covered while bathing.
- 6 Make sure the catheter is secured under dressing. Do not let the extension set or tubing dangle.
- 7 Do not use scissors, pins or other sharp objects near the catheter or tubing.
- 8 Flush your catheter before and after you infuse medications with the amount of saline ordered do not force if you feel resistance.
- 9 After flushing with the final saline flush, flush with heparin if ordered.
- 10 Clamp the catheter as taught by the nurse. The order in which you flush and clamp is important.

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