



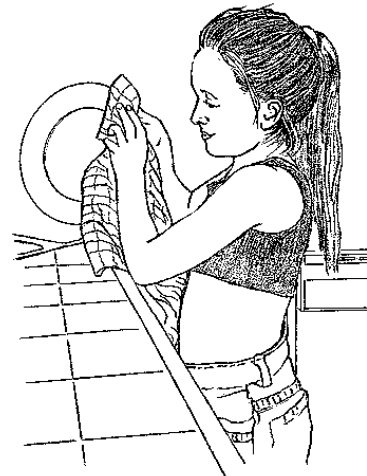
Name of Child: _____ Date: _____

Home Care

Hematology/Oncology

Activity

- Your child may do as much as he or she is able.
- Your child should go to school and return to normal activities as soon as he or she is able.
- Children with CVCs (central venous catheters) or low platelets should not play contact sports.



**Your child may do
as much as
he or she is able.**

Diet

- Your child may eat his or her regular diet unless your health care team tells you a special diet is needed.
 - Wash fresh fruits and vegetables well.
 - Do not let your child eat at salad bars or buffets.
 - If your child is taking prednisone or dexamethasone (Decadron), you will learn how to make sure your child does not eat too much salt (sodium).
- yes no If your child is getting vincristine, he or she may have hard, dry stool. Make sure your child drinks enough water every day, and eats fruits, vegetables, and whole grains. If hard, dry stools become a problem, talk to your child's nurse or doctor.

Immunizations

- Talk to your nurse or doctor to find out which vaccines are safe for your child.
- Patients and family members should get flu shots.
- Other children in the household may get their usual vaccines. However, they should get the polio vaccine by shot, not by mouth. If they get the polio vaccine by mouth, let your child's nurse or doctor know right away.

If your child has not had chicken pox

- Keep your child away from people who have chicken pox or shingles.
- If your child plays indoors for one hour or more with someone who gets chicken pox within the next two days, call your child's doctor that day, even if it is a weekend. If you find out at night, you should call the next day.

Mouth Care

- Your child should brush his or her teeth twice a day, with a very soft toothbrush.
- If your child's platelets are low, your child should brush with sponge toothettes.
- If your child's gums ooze blood after brushing, tell your nurse or doctor.
- Some children getting chemotherapy need to use a special mouth wash and a medicine swish several times a day.

Medicine to prevent infection

- Children treated with chemotherapy for cancer are at risk for developing an infection called *Pneumocystis carinii*. To prevent this infection, your child may be given an antibiotic medicine. It may be sulfamethoxazole and trimethoprim (also called Bactrim or Septra), dapsone, or pentamidine.
- Give your child Bactrim every Saturday and Sunday, in the morning and in the evening. (That is, 4 doses each week.)
- Do not stop giving your child this medicine until your doctor tells you to. Usually, it is given until three months after your child is done with chemotherapy.

Protect your child from germs

- Your child may go to school. Keep your child away from other large, indoor crowds when his or her ANC (Absolute Neutrophil Count) is less than 500.
- Keep your child away from people who are sick.

- Your child may play outside.
- Make sure your child washes his or her hands before touching food and after using the toilet.
- All the people in the home need to wash their hands well.
Ask your nurse or doctor for the handout, **Good Handwashing**, #100.
- Do not let your child share forks, spoons, or drinks.
- If your child gets mild cold symptoms, you may give a non-prescription cold medicine, like Pediacare. Make sure the cold medicine does not have aspirin, acetaminophen (Tylenol), or ibuprofen (Advil or Motrin) in it. If you have any questions or concerns, call your child's nurse or doctor.
- You can keep colds from spreading with good handwashing. If someone in your home catches a cold, make sure he or she washes well. Kissing may also spread colds.
- If someone in your home gets a high fever, that person should see a doctor and be treated.
- Check your child's temperature only if he or she feels hot or feels sick.
- Use an oral or ear thermometer to take your child's temperature, not a rectal thermometer.
- Do not give your child rectal suppositories, medicines, or enemas.



To keep from having bleeding problems

- For aches or fevers, give your child acetaminophen (Tylenol).
Do not give your child aspirin or ibuprofen (Advil or Motrin).

Call the doctor if your child:

- has a fever over 101° F one time, or over 100.4° F two times taken one hour apart.
- has shaking chills with or without a fever
- throws up several times
- has a nosebleed that doesn't stop after you press on your child's nose for 10 to 15 minutes. Where to press: Follow down the nose until you find the end of the bone and the beginning of the soft part. Press there.
- gets more bruises than usual
- gets small red freckle-like marks (petechiae or small spots of bleeding under the skin)

Also, call the doctor or nurse if you have any concerns or questions.

Now that you've read this:

- Tell your nurse or doctor how you can keep your child safe from germs in school, day care, and church. (Check when done.)
- Tell your nurse or doctor when you should call the doctor. (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
www.phoenixchildrenshospital.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Thursday, February 8, 2007 • DRAFT to family review
#523 • Written by Kathy Hinkle, BSN, RN; Kelli Fischbeck, RN, BSN;
and Sharon Denny, RN, BSN, CPON



Name of Health Care Provider: _____ Number: 523
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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602-546-1395

flondon@phoenixchildrens.com

Thank you for helping us!