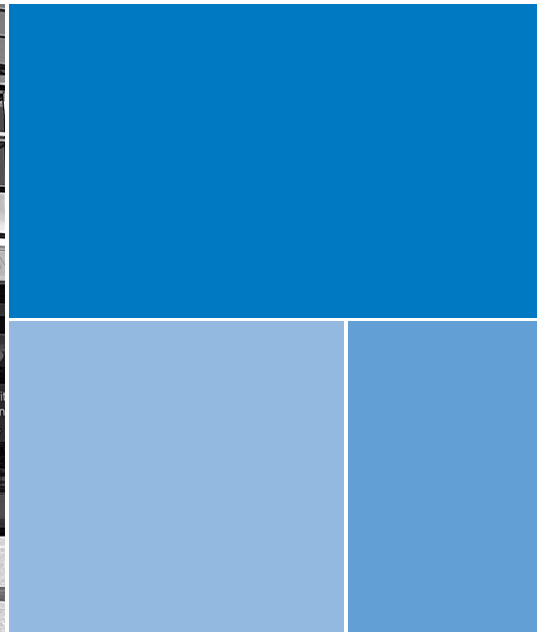




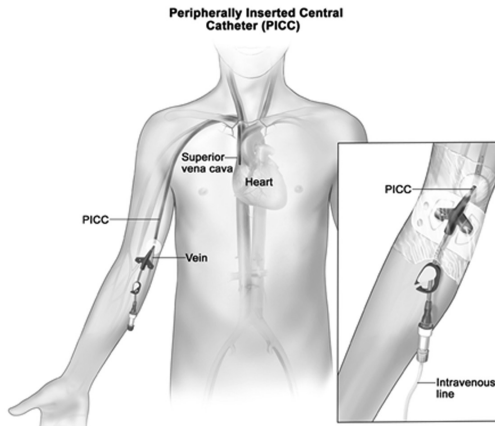
**James Paget
University Hospitals**
NHS Foundation Trust

Peripherally Inserted Central Catheter (PICC)



Patient Information

What is a PICC and how is it inserted?



'PICC' means Peripherally Inserted Central Catheter. This is a soft and flexible catheter that is inserted in a large vein in your arm and finishes usually just above the heart.

This procedure is done in a small sterile operation usually using local anesthetic.

You will be asked to lie on your back with your arm extended. An ultrasound machine will be used to scan the veins in your arm. Your arm and chest will be covered with a sterile drape. A tourniquet will be applied and a local anaesthetic will be injected to numb the insertion area. After that, you should not feel pain, but will feel some pressure in the insertion site.

After the procedure the practitioner needs to confirm that the line is placed correctly in the heart, this could be done using an ECG device or chest X-ray.

You will be able to see the catheter in your arm, secured with a dressing and an appropriate securement device.

Why do I need a PICC?

There are different reasons why you may need a PICC. Please confirm which one applies to you when you speak to your clinician:

- You need medication over a long period of time – for example, antibiotics
- You require medication that is aggressive to your veins, and therefore a cannula is not an option
- It is difficult to collect blood samples from your veins
- You need Chemotherapy or TPN (Total Parental Nutrition)

Before the procedure

The procedure will be discussed with you by your clinician and/or the vascular access practitioner. You will be asked to sign a consent form, or a witness can sign on your behalf if you are unable to sign. Remember, you can withdraw your consent at any time during the procedure.

After the procedure

You can eat and drink.

You can mobilise when you feel able to, unless instructed not to by the healthcare professional inserting the line.

You can resume your normal activities.

Are there any risks?

Like in other medical procedures the insertion of PICC carry risks of complications. Some are more common than others, please discuss this with your clinician or vascular access practitioner.

- Bleeding and bruising
- Inflammation or irritation (Phlebitis)
- Clot (Thrombosis)
- Infection
- Dislodged/misplacement
- Occlusion

Caring for a PICC

After the insertion of the PICC the dressing has to be changed after 24 hours.

During your hospital stay the nursing team is required to assess your PICC four times a day and flush it. This is to prevent infection and to reduce the chances of blocking. Every seven days the nursing team will change the bionectors and the transparent dressing.

If you go home with a PICC, either the community nursing team or a hospital team will support with weekly care of the line as well as support with the medication that you require.

Avoid strenuous activities such as gym exercise while the PICC is in situ to prevent it from dislodging or being pulled out.

The dressing must be kept clean and dry. You can cover the dressing when you have a shower, but **do not swim** with your PICC in place.

Removal of the PICC

When the PICC is not required any more and/or your course of treatment is finished your line can be removed. You will be required to lie flat during the procedure and 30 minutes after. You will be asked to perform a breathing exercise if you can. You will feel the procedure but should not be painful. A transparent dressing will be applied and should stay in place for 24 hours.

MY PICC:

DATE OF INSERTION: ____/____/____

CATHETER ORIGINAL LENGTH: _____

LENGTH TRIMMED TO: _____

LENGTH INSERTED: _____

LENGTH EXPOSED: _____

No. OF LUMENS ____ PICC DIAMETER ____ Fr

ARM _____ VEIN _____

CONFIRMED OK TO USE _____

Contact us if you experience:

- Oozing of blood or fluid from the insertion site
- A temperature of 38°C, fever and chills
- Leaking from the PICC or a break in the line
- Pain and swelling of the arm, neck and chest
- PICC appears longer than usual

Redness and inflammation at the insertion site

Contact numbers:

Please use the number that relates to your treatment:

Community

PAGET @ Home (24 hour service) 01493 202660

Your GP surgery

Hospital

Vascular Access Practitioner – 07442 726596

Ambulatory Unit – 8.00 - 20.00 – 01493 453775

Sandra Chapman Centre – 9.00 - 17.00 – 01493 452869

Your Feedback We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

OUR VALUES

Proud of the Paget

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

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