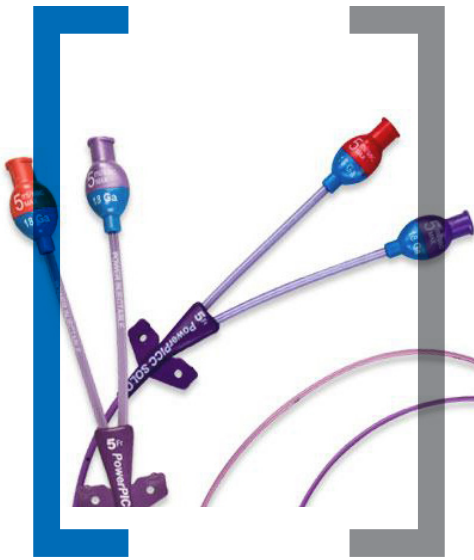




CARE AND MAINTENANCE OF A CENTRAL VENOUS CATHETER (PICC)

What you need to know

This information sheet contains everything you need to know about the care and maintenance of a central venous catheter (also known as a peripherally inserted central catheter, or PICC).

Your doctor has instructed that you have a central venous catheter inserted. This information sheet will explain:

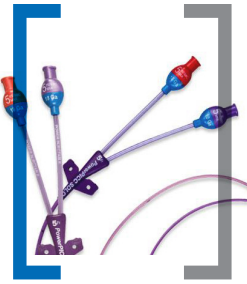
- the steps in this procedure;
- how to prepare for the procedure;
- precautions to take;
- signs to watch for at home after the catheter is inserted.

What is a central venous catheter?

It is a long, thin, flexible tube that is placed in a large vessel near your heart through a vein in your arm, allowing direct access to your circulatory system. This temporary device allows you to be given repeated intravenous treatments, meaning you won't need an injection each time you're prescribed a new treatment (e.g., antibiotics, chemotherapy, blood products, nutritional supplements). Depending on your treatment and health condition, you might have the catheter for a few weeks or a few months.

What are the risks involved in inserting a central venous catheter?

Inserting a central venous catheter is a simple procedure that takes about an hour. Complications from this procedure are relatively rare. However, it is important you follow your nurse's advice and the recommendations in this guide to prevent an infection or a blockage in the tube.

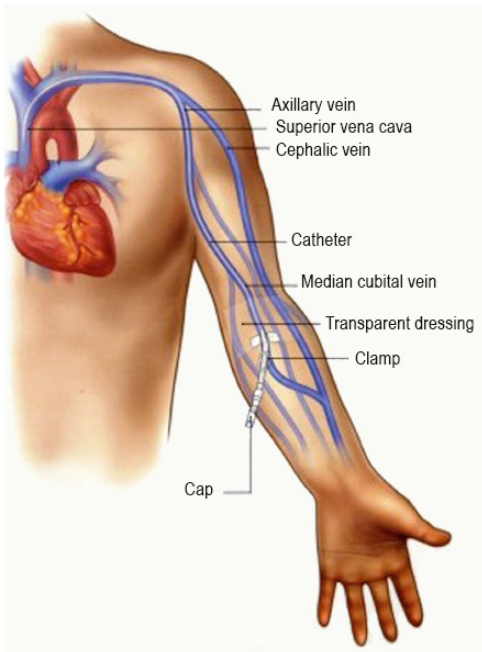


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What you need to know

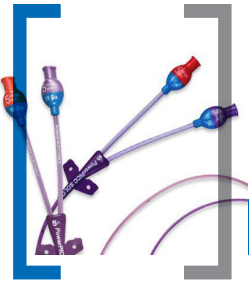
What are the steps involved?

1. You will be asked to lie on your back on an examination table.
2. The skin on your arm at the catheter insertion site will be disinfected.
3. The doctor will freeze the site.
4. The doctor will use a needle to insert a wire into your vein, which will be used to guide the catheter into position.
5. The doctor will then insert the catheter over the guide wire and advance it until the tip of the catheter is positioned in a large vessel.
6. A dressing will then be applied to hold the catheter in place.
7. An x-ray will be taken to check the position of the catheter.



Once the catheter has been inserted, it will cause mild irritation in your vein, so it's normal to feel slight pain in your arm.

Light bleeding can also occur, which is typical and normal. That's why your CLSC nurse will have to change your dressing within the next 24 hours. After that, your dressing will be changed once a week by the CLSC nurse or the department where you are being treated.



CARE AND MAINTENANCE OF A CENTRAL VENOUS CATHETER (PICC)

What you need to know

Let the nurse know immediately if:

- you experience redness, heat, swelling or discharge at the catheter insertion site;
- You have arm or shoulder pain on the side the catheter is inserted more than 24 hours after the insertion;
- you develop chills with or without fever ($> 38^{\circ}\text{C}$);
- the catheter falls out or shifts;
- the cap at the end of the catheter falls off;
- the catheter becomes blocked, preventing blood return.

IMPORTANT

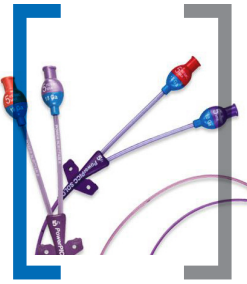
Always keep your dressing clean and dry.

Never change it yourself, as this could increase your risk of infection by disturbing and dislodge the catheter. If you need the dressing changed, call the CLSC nurse. If the dressing detaches, use an adhesive bandage to hold it in place until you can see the nurse.

To prevent the catheter from becoming blocked, you, a caregiver, or the nurse must flush it BEFORE and AFTER each use. If the catheter is not being used, it must be flushed every 7 days.

What are the precautions to take?

- Do not lift heavy objects.
 - Avoid playing contact sports.
 - Do not make any sudden or repetitive movements, and do not bend your arm too often at the catheter insertion site.
 - During personal hygiene:
 - Cover the catheter and dressing with plastic wrap (e.g., Saran Wrap) or a plastic bag;
 - Secure with adhesive bandages to keep the water out;
 - Do not aim the shower head at the arm where the catheter is inserted;
 - If you are taking a bath, do not immerse your arm or the catheter in the water.
- IMPORTANT:** Always keep your dressing clean and dry.



CARE AND MAINTENANCE OF A CENTRAL VENOUS CATHETER (PICC)

What you need to know

Available resources

Your CLSC nurse:

- **24/7 service**
(evenings, nights, weekends)

References:

Journal of infusion nursing 2016

Centre hospitalier de l'Université de Montréal, feuillet «L'installation d'un cathéter veineux central»

Produced by the Direction des soins infirmiers et de l'enseignement universitaire en soins infirmiers

Notre mission

Maintenir, améliorer et restaurer la santé et le bien-être de la population québécoise en rendant accessible un ensemble de services de santé et de services sociaux intégrés et de qualité, contribuant ainsi au développement social et économique du Québec.

Notre vision

Des soins de santé et des services accessibles et efficaces qui s'adaptent aux besoins des Québécois.

Nos ambitions

Le CISSS de la Montérégie-Ouest réalise ses ambitions en osant innover dans ses façons de faire et ainsi il se démarque et rayonne par:

- L'excellence de son offre de soins et services intégrés de proximité axée sur l'interdisciplinarité, l'accessibilité et l'adaptation aux besoins de sa population;
- Son courage à questionner et à améliorer ses pratiques professionnelles, cliniques et de gestion;
- La reconnaissance de la contribution de son personnel et la mise en place de pratiques de gestion humaines;
- La force de ses liens avec ses partenaires.

Nos valeurs

Nos actions sont guidées par cinq valeurs, interdépendantes et en équilibre: bienveillance, collaboration, engagement, audace et cohérence.