

LEAM chemotherapy

Patient diary

Cancer Services and Clinical Haematology

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Information for ambulatory care patients

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**For urgent enquiries please contact the
24-hour Haematology Helpline on
0808 178 2212**

Introduction

This patient diary is your record of LEAM chemotherapy and stem cell transplant.

Your treatment started on

You will have discussed your treatment programme with a member of your healthcare team and received written information about LEAM chemotherapy and stem cell transplants.

The diary lists when you will need to attend the Hambleton Suite and which days to rest at home. Please bring this with you on each visit so that we can add any additional notes.

You will receive some of your treatment through a pump called the CADD Solis pump which you take home with you in a specially designed bag. You and your main carer will have already been given information on how to care for the pump and what to do if you have any problems.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Your contact details

Name:

Address:

Date of Birth:

Phone number:

NHS number:

Hospital Number: S

Allergies:

Emergency contact details

Next of kin:

Relationship to you:

Contact number:

Next of kin:

Relationship to you:

Contact number:

Useful contacts

Please use these numbers if you require help, advice or assistance at any time.

Help is available 24 hours a day. Please have your hospital number available if possible.

If it is an acute emergency such as chest pain or difficulty in breathing please call **999** immediately.

24 hour Haematology Helpline - 0808 178 2212

Please use this number 24 hours a day seven days a week if you have urgent concerns. If there is no answer from this helpline, please leave a message with your name, number and short description of your problem and you will be contacted back by the nurse.

Ambulatory Care Specialist Nurses - Anika Sirel and Natasha Woolgar

9-5 Monday to Friday - 07971 799837

Please feel free to contact us for any non-urgent advice 9am to 5pm, Monday to Friday.

Hambleton Suite - level 2, Windsor building, Leicester Royal Infirmary

9am to 5pm, Monday to Friday - 0116 258 5124

Bone Marrow Transplant Unit - level 2 Windsor building, Leicester Royal Infirmary open 24 hours a day, seven days a week.- 0116 258 5698

Osborne Treatment Centre - level 2, Osborne building, Leicester Royal Infirmary

Open Monday – Saturday - 0116 258 5263

Daily life with the pump

You will be given a CADD Solis pump which will be connected to your PICC line at the hospital (You will receive separate information about PICC lines). You will then go home with the pump and it will be programmed to deliver some of your chemotherapy treatments when you are in your own home. You will be given your own bag to put the CADD Solis pump into to help you keep it safe and for ease for you. This can either be worn around the waist or over the shoulder.

Dressing

Choose wide sleeved clothes to carefully feed the line up through the sleeve, ensuring there is no 'bend' in the line

Showering

Put the black bag into a plastic bag and hang out of the spray of the shower, locate in a dry place and try to keep the shower time to a minimum to prevent a build-up of steam in the bathroom

Bathing

Place the pump on a chair beside the bath. Avoid having a long hot soak for the same reason as the shower

Sleeping

Either place the pump under your pillow if the line permits, the bag may be worn or it can be placed on a chair or table beside the bed. Try to have the pump either at the same level or above your body level to aid infusion

Charging the pump

You will need to monitor the battery life on the pump to ensure it doesn't run out but it will give you a warning bleep as it begins to get low. You may find that the best time to charge the pump is while sitting down during the day/evening. This way you do not need to worry about being connected overnight

As with all electrical equipment, the pump must not get wet. If the pump is accidentally dropped into water, take out quickly, dry off with a towel and call the hospital.

Your medicines

These are the regular medicines that you have been prescribed to take by the doctors looking after you. if you are already on other regular medications we will advise you whether to continue taking them.

The day you have your stem cells returned is referred to as **day 0**. Any day of treatment before this is called **day minus**, any day after this is referred to as **day plus**.

Name	Dose	Timing	Day
Ondansetron - anti sickness	8mg	Twice a day	-7 to 0
Dexamethasone - steroid	4mg	Breakfast and tea-time	-2 to +2
Allopurinol - helps your body break down the waste products of treatment	300mg	Once a day	-7 to +1
Metoclopramide - anti sickness	10mg	Three times a day	-7 continue
Caphosol - mouthwash	One pair	Four times a day	-7 continue
Fluconazole - to prevent fungal infections	200mg	Once a day	-7 continue until neutrophils >1
Aciclovir - prevent viral infections	800mg	Twice a day	-7 continue
Septrin - prevent infections	960mg	Twice a day	-7 to -2
Aprepitant -anti sickness	125mg	Once a day	-2 only
Aprepitant -anti sickness	80mg	Once a day	-1 and 0
Levofloxacin -preventative antibiotic	500mg	Once a day	+1 continue until neutrophils >0.5
Prednisolone 0.5% eye drops - steroid to prevent eye irritation	1 drop	Three times a day	-6 to Day +2

Day -7 (minus 7): Thursday

Attend hospital- Hambleton Suite at

- Assessment including blood pressure, pulse & temperature
- Weight
- Routine bloods*
- Insertion of PICC line or care of current line
- Nurse review
- Supply of a spillage kit to take home - this is just in case any leakage occurs from the pump and provides you with all the necessary equipment to manage it.
- Attachment of CADD pump
- Lomustine – tablet chemotherapy to be taken in the evening- you should try and avoid food for 2 hours before and after taking the tablet.

Temperature am: _____ Temperature pm: _____

Regular meds taken as prescribed?

Any missed doses or problems?

As required medication? (list)

*We will check how your liver and kidneys are working. We will monitor a marker in your blood which rises if you have an infection. We will closely monitor your red cells (to see if you are anaemic), white cells (to see how many infection-fighting cells you have) and platelets (these help to stop bleeding). We will also check other levels such as calcium, potassium and magnesium.

Day -6: Friday

Attend hospital- Hambleton Suite at

- Assessment including blood pressure, pulse & temperature
- Weight
- Routine Bloods
- Insertion of PICC line or care of current line
- Nurse review
- 2 hours IV infusion of Etoposide
- Cytarabine delivered via the CADD pump at 8am and 8pm over 30 mins

Temperature am: _____ Temperature pm: _____

Regular meds taken as prescribed?

Any missed doses or problems?

As required medication (list)

Day -5: Saturday

Attend hospital – Hambleton Suite/Osborne Day Care at

- Assessment including blood pressure, pulse & temperature
- 2 hours IV infusion of Etoposide
- Cytarabine delivered via the CADD pump at 8am and 8pm over 30 mins

Temperature am: _____ Temperature pm: _____

Regular meds taken as prescribed

Any missed doses or problems?

As required medication (list)

Day -4: Sunday

Attend hospital – Hambleton Suite at

- Assessment including blood pressure, pulse & temperature
- 2 hours IV infusion of Etoposide
- Cytarabine delivered via the CADD pump at 8am and 8pm over 30 mins

Temperature am: _____ Temperature pm: _____

Regular meds taken as prescribed

Any missed doses or problems?

As required medication (list)

Day -3: Monday

Attend hospital – Hambleton Suite atam/pm

- Assessment including blood pressure, pulse & temperature
- Nurse review
- Routine bloods
- 2 hours iv infusion of Etoposide
- Cytarabine delivered via the CADD pump at 8am and 8pm over 30 mins

Temperature am: _____ Temperature pm: _____

Regular meds taken as prescribed

Any missed doses or problems?

As required medication (list)

Day -2: Tuesday

Attend hospital – Hambleton Suite at

- Assessment including blood pressure, pulse & temperature
- Removal of CADD pump
- Remember to bring in ice lollies (to cool the mouth during melphalan)
- 1 hour pre hydration iv fluids
- Infusion of melphalan over 30 minutes
- 2 hours post hydration IV fluids

Temperature am: _____

Temperature pm: _____

Regular meds taken as prescribed

Any missed doses or problems?

As required medication (list)

Day -1: Wednesday

Rest day at home– call hospital if any concerns

Temperature am: _____

Temperature pm: _____

Regular meds taken as prescribed?

Any missed doses or problems?

As required medication (list)

Day 0: Thursday

Attend hospital – Hambleton Suite at

- Assessment including blood pressure, pulse & temperature
- Routine bloods
- Review and discussion about on-going management
- Infusion of stem cells (This may be over 2 days, but you can still go home overnight if you are well)

Temperature am: _____ Temperature pm: _____

Regular meds taken as prescribed?

any missed doses or problems?

As required medication (list)

Your notes during the treatment phase (Days -7 to Day 0)

Post transplant care day +1 onwards

You will continue to be looked after as an outpatient for a few days until you become neutropenic. Neutropenia or being neutropenic means that you have very few white cells in your blood (specifically neutrophils) to fight infection and would need help from antibiotics to do so.

You will be admitted earlier if you are unwell or if your investigations suggest you may become so. You can also ask at any point to be admitted if you feel you need to be.

You will be admitted onto either Ward 41 in the Osborne Building or Bone Marrow Transplant Unit in the Windsor Building.

During your time as an outpatient, it is very important that you ring the haematology helpline at any time day or night if you are in any way unwell, even if you have seen or are due to see the doctor. Please continue to monitor your temperature am and pm and repeat if you feel unwell. If your temperature is 37.5°C or above or below 36°C please call us straight away.

Post Treatment Appointments		
Date	Location	Reason

Temperature Monitoring Post Treatment

Date	Temperature am	Temperature pm	Additional times

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
 على هذه المعلومات بلغة اخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
 જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો
 ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
 Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk